"Manna From Heaven"

St. Peter's By The Sea
Lutheran Church
San Diego, California

1973

There is a small sign hanging on my office wall that reads: "It isn't what you eat that gives you ulcers, it's what eats you!" Don't worry that the splendid food recipes contained in this cook book will cause you such problems. If anything, it will be the calories that might give one his biggest concern.

Let us be thankful that we have such great food items and in such lovely varieties, so tastefully prepared as instructed throughout this delightful book of recipes.

Think for a moment how the Hebrews of the Old Testament days would only eat meat on festive occasions. To vary the monotonous daily diet of parched or cooked wheat and barley, the Hebrew housewife would grind the grain into a coarse flour, mix it with olive oil, and bake it into flat cakes of bread. She garnished the cakes with lentils, broad beans, and other vegetables, including cucumbers. Onions, leeks, and garlic perked up bland dishes. Fresh and dried fruits and wild honey sweetened the meals. In a water-short land, the Hebrews quaffed wine and prized the milk of goat and sheep.

Solomon and his sumptuous court demanded richer fare for their golden table. His "provision for one day was thirty cors of fine flour (about 335 bushels) and sixty cors of meal, ten fat oxen and twenty pasture-fed cattle, a hundred sheep, besides harts, gazelles, roebucks, and fatted foul." (I Kings 4:22-23).

So let us, with gratitude, eat hearty remembering always to pause before each meal invoking God's blessing upon all who sup at your table.

The Rev. Kenneth E. Linton, pastor
St. Peter's By The Sea Lutheran Church
San Diego, California

ACKNOWLEDGEMENT

The committee wishes to thank all those who contributed recipes, typed, proof-read and in any way contributed to it's publication.

Dedicated to husbands, children and friends on whom the recipes were tested, without them there would have been no book.

Printed and bound by ---

GENERAL PUBLISHING AND BINDING
Telephone -- 1-515-648-3144
IOWA FALLS, IOWA
1973 G

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Weights and Measures

Standard Abbreviations

t. — teaspoon
T. — tablespoon
c. — cup
f.g. — few grains
pt. — pint
qt. — quart
d.b. — double boiler
B.P. — baking powder
oz. — ounce
lb. — pound
pk. — peck
bu. — bushel

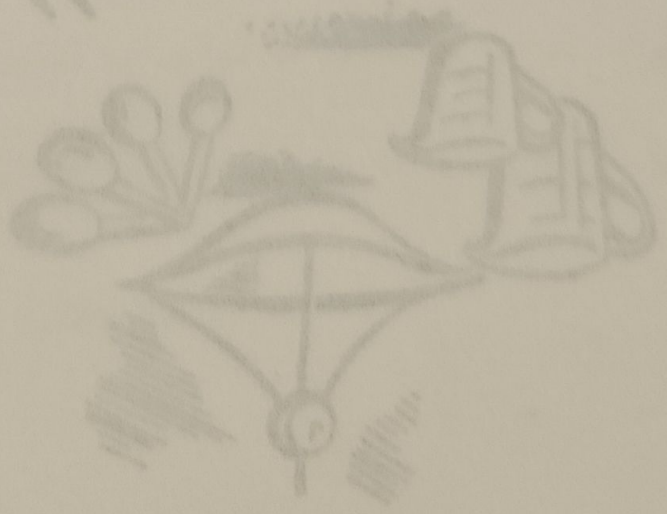
Guide to Weights and Measures

1 teaspoon=60 drops
3 teaspoons=1 tablespoon
2 tablespoons=1 fluid ounce
4 tablespoons=¼ cup
5⅓ tablespoons=⅓ cup
8 tablespoons=½ cup
16 tablespoons=1 cup
1 pound=16 ounces
1 cup=½ pint
2 cups=1 pint
4 cups=1 quart
4 quarts=1 gallon
8 quarts=1 peck
4 pecks=1 bushel

Substitutions and Equivalents

2 tablespoons of fat=1 ounce
1 cup of fat=½ pound
1 pound of butter=2 cups
1 cup of hydrogenated fat plus ½ t. salt=1 cup butter
2 cups sugar=1 pound
2½ cups packed brown sugar=1 pound
1⅓ cups packed brown sugar=1 cup of granulated sugar
3½ cups of powdered sugar=1 pound
4 cups sifted all purpose flour=1 pound
4½ cups sifted cake flour=1 pound
1 ounce bitter chocolate=1 square
4 tablespoons cocoa plus 2 teaspoons butter=1 ounce of bitter chocolate
1 cup egg whites=8 to 10 whites
1 cup egg yolks=12 to 14 yolks
16 marshmallows=¼ pound
1 tablespoon cornstarch=2 tablespoons flour for thickening
1 tablespoon vinegar or lemon juice+1 cup milk=1 cup sour milk
10 graham crackers=1 cup fine crumbs
1 cup whipping cream=2 cups whipped
1 cup evaporated milk=3 cups whipped
1 lemon=3 to 4 tablespoons juice
1 orange=6 to 8 tablespoons juice
1 cup uncooked rice=3 to 4 cups cooked rice

Weights and Measures



Standard Abbreviations

c. — cup	lb. — pound
T. — tablespoon	oz. — ounce
t., tsp. — teaspoon	pt. — pint
lb. — pound	qt. — quart

Cups to Weights and Measures

1 cup = ½ pint
2 cups = 1 pint
4 cups = 1 quart
8 tablespoons = ½ cup
16 tablespoons = 1 cup
1 cup = 16 ounces
1 pint = 2 cups
1 quart = 4 cups
1 gallon = 4 quarts
1 square = 10 by 10 inches
1 square = 9 inches square
1 square = 144 square inches
1 cubic foot = 1728 cubic inches
1 cubic foot = 7½ gallons
1 cubic foot = 60 pounds water
1 cubic foot = 62½ pounds sea water
1 cubic foot = 4 bushels
1 bushel = 1¼ cubic feet
1 cubic foot = ⅘ bushel
1 cubic yard = 27 cubic feet
1 cubic yard = ¾ ton
1 ton = 2000 pounds
1 ton = 20 hundredweight
1 hundredweight = 100 pounds
1 cubic foot water = 1000 ounces
1 cubic foot water = 62½ pounds
1 cubic inch water = 0.036 pound
1 cubic inch water = 0.58 ounce
1 cubic inch water = 252 grains
1 cubic inch water = 16.39 grams
1 cubic centimeter water = 1 gram
1 cubic centimeter water = 0.06 cubic inch
1 cubic centimeter water = 0.002 pound
1 cubic centimeter water = 0.035 ounce
1 cubic centimeter water = 15.43 grains
1 liter water = 1000 cubic centimeters
1 liter water = 61 cubic inches
1 liter water = 1.057 quarts
1 liter water = 0.26 gallon
1 liter water = 2.2 pounds
1 liter water = 35.3 cubic feet
1 gram water = 1 cubic centimeter
1 gram water = 0.035 ounce
1 gram water = 15.43 grains
1 gram water = 0.002 pound
1 kilogram water = 1000 grams
1 kilogram water = 2.2 pounds
1 kilogram water = 35.3 ounces
1 kilogram water = 1 liter
1 grain water = 0.065 gram
1 grain water = 0.002 ounce
1 grain water = 0.00014 pound
1 grain water = 0.0023 cubic inch
1 grain water = 0.0000004 cubic foot
1 grain water = 0.0000083 gallon
1 grain water = 0.000033 liter
1 ounce water = 28.35 grams
1 ounce water = 437.5 grains
1 ounce water = 0.0625 pound
1 ounce water = 1.8 cubic inches
1 ounce water = 0.0078 gallon
1 ounce water = 0.03 liter
1 pound water = 453.6 grams
1 pound water = 7000 grains
1 pound water = 16 ounces
1 pound water = 27.7 cubic inches
1 pound water = 0.12 gallon
1 pound water = 0.45 liter
1 gallon water = 231 cubic inches
1 gallon water = 8.33 pounds
1 gallon water = 128 ounces
1 gallon water = 3.8 liters
1 gallon water = 0.13 cubic foot
1 cubic foot water = 1728 cubic inches
1 cubic foot water = 62½ pounds
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Substitutions and Equivalents

1 cup = ½ pint	4 packs = 1 pound
2 cups = 1 pint	8 drops = 1 pack
4 cups = 1 quart	4 drops = 1 gallon
4 cups = 1 pound	4 cubes = 1 dozen
2½ cups = 1 pound	5 cubes = 1 pint
8 tablespoons = ½ cup	1 cup = ½ pint
16 tablespoons = 1 cup	1 bonus = 16 ounces

Standard Abbreviations

c. — cup	lb. — pound
T. — tablespoon	oz. — ounce
t., tsp. — teaspoon	pt. — pint
lb. — pound	qt. — quart

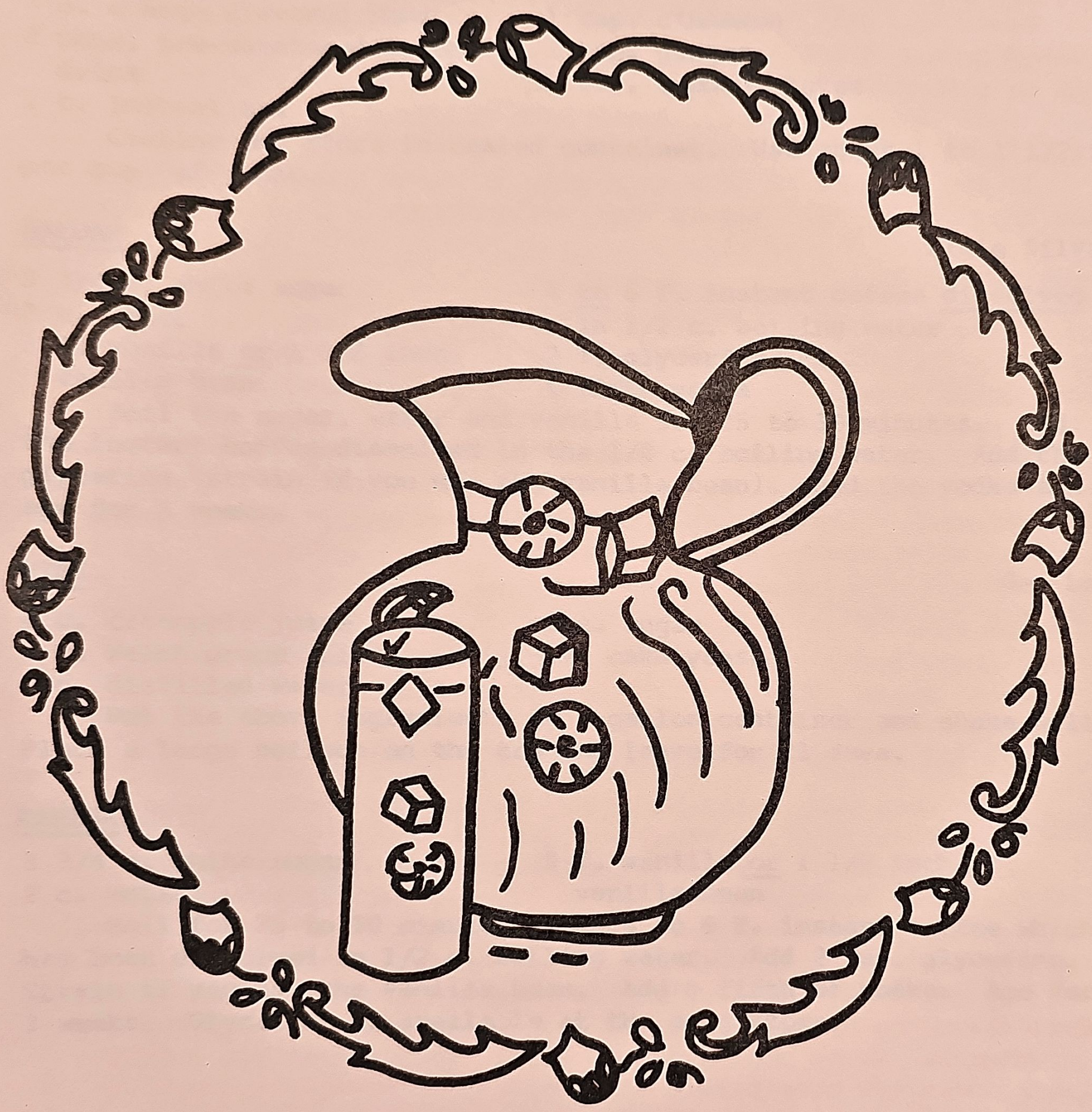
Approximate 100 Calorie Portions

Almonds (shelled) — 12 to 15 nuts
Angel cake — 1¾ inch cube
Apple — 1 large
Apple pie — ⅓ normal piece
Apricots — 5 large
Asparagus — 20 large stalks
Bacon — 4 or 5 small slices
Bananas — 1 medium
Beans — ⅓ cup canned baked
Beans — green string — 2½ cups
Beets — 1⅓ cups sliced
Bread — all kinds — slice ½ inch thick
Butter — 1 tablespoon
Buttermilk — 1⅛ cups
Cabbage — 4 to 5 cups shredded
Cake — 1¾ inch cube
Candy — 1 inch cube
Cantaloupe — 1 medium
Carrots — 1⅔ cups
Cauliflower — 1 small head
Celery — 4 cups
Cereal — uncooked — ¾ cup
Cheese — 1⅛ inch cube
Cottage cheese — 5 tablespoons
Cherries — sweet fresh — 20 cherries
Cookies — 1 to 3 inches in diameter
Corn — ⅓ cup
Crackers — 4 soda crackers
Crackers — graham — 2½ crackers
Cream — thick — 1 tablespoon
Cream — thin — 4 tablespoons
Cream sauce — 4 tablespoons
Dates — 3 to 4
Doughnuts — ½ doughnut
Eggs — 1⅓ eggs
Fish — fat — size of 1 chop
Fish — lean — size of 2 chops
Flour — 4 tablespoons
Frankfurter — 1 small
French dressing — 1½ tablespoons
Grapefruit — ½ large
Grape juice — ½ cup
Grapes — 20 grapes
Gravy — 2 tablespoons
Ice cream — ¼ cup
Lard — 1 tablespoon
Lemons — 3 large
Lettuce — 2 large heads
Macaroni — ¾ cup cooked
Malted milk — 3 tablespoons
Marmalade and jelly — 1 tablespoon
Marshmallows — 5 marshmallows
Mayonnaise — 1 tablespoon
Meat — cold sliced — ⅛ inch slice
Meat — fat — size ½ chop
Meat — lean — size 1 chop
Milk — ⅝ cup (regular)
Molasses — 1½ tablespoons
Onions — 3 to 4 medium
Oranges — 1 large
Orange juice — 1 cup
Peaches — 3 medium fresh
Peanut butter — 1 tablespoon
Pears — 2 medium fresh
Peas — ¾ cup canned
Pecans — 12 meats
Pie — ¼ ordinary serving
Pineapple — 2 slices 1 inch thick
Plums — 3 to 4 large
Popcorn — 1½ cups
Potatoes — sweet — ½ medium
Potatoes — white — 1 medium
Potato salad — 1 cup
Prunes — dried 4 medium
Radishes — 3 dozen red button
Raisins — ¼ cup seeded or 2 tablespoons seeded
Rhubarb — stewed and sweetened —½ cup
Rice — cooked ¾ cup
Rolls — 1 medium
Rutabagas — 1⅔ cups
Sausage — 2 small
Sauerkraut — 2½ cups
Sherbet — 4 tablespoons
Spinach — 2½ cups
Squash — 1 cup
Strawberries — 1⅓ cups
Sugar — brown — 3 tablespoons
Sugar — white — 2 tablespoons
Tomatoes — canned — 2 cups
Tomatoes — fresh — 2 to 3 medium
Turnips — 2 cups
Walnuts — 8 to 16 meats
Watermelon — ¾ slice 6 inches diameter

Applesauce — 1 large
Almonds (shelled) — 12 to 15 nuts
Apple pie — ½ inch crust
Apples — 10 large slices
Apricots — 4 to 5 whole
Artichoke — 1 medium
Asparagus — 10 large stalks
Bacon — 4 or 5 small slices
Bananas — 1 medium
Beans — ½ cup canned baked
Beans — Boston style — 1½ cups
Beef — all kinds — slice ½ inch thick
Beets — 1 tablespoon
Blackberries — 1 cup
Blueberries — ½ cup
Bran — 1 tablespoon
Bread — 1½ inch cube
Bread — whole wheat — 1 slice
Broccoli — cooked — ½ cup
Brussels sprouts — 4 to 5 stalks
Cabbage — ½ cup shredded
Cabbage, red — 1 cup shredded
Cake — 1½ inch cube
Cake — angel food — 1/12 of cake
Cake — chocolate — 1/16 of cake
Cake — cup — 1 cupcake
Cake — fruit — 1 slice
Candied fruit — 1 piece
Candy — 1 inch cube
Candy — chocolate — 1 ounce
Candy — hard — 1 piece
Candy — marshmallow — 1 piece
Candy — mint — 1 piece
Candy — peanut brittle — 1 piece
Candy — taffy — 1 piece
Carrots — 1½ cups
Cauliflower — 1 small head
Celery — 4 cups
Cereal — cooked — ½ cup
Cereal — uncooked — ½ cup
Cheese — 1½ inch cube
Cheese — cottage — 2 tablespoons
Cherries — sweet, fresh — 20 cherries
Chicken — 1 to 3 pounds in disjointed pieces
Chocolate — ½ cup
Chocolate — bitter — 1 square
Chocolate — milk — 1 tablespoon
Cocoa — 1 envelope
Cocoa — ½ cup
Coconut — 1 tablespoon
Coconut — shredded — ¼ cup
Coffee — 1 cup
Coffee — instant — 1 teaspoon
Corn — 1 ear
Corn — canned — ½ cup
Corn flakes — ¾ cup
Corn meal — ¼ cup
Corn syrup — 1 tablespoon
Crackers — graham — 2½ crackers
Crackers — soda — 4 crackers
Cream — cream — 1 tablespoon
Cream — sour — 1 tablespoon
Cream — whipped — 1 tablespoon
Cream cheese — 1 tablespoon
Cream of wheat — 1 cup cooked
Cream of wheat — dry — ¼ cup
Cucumber — 1 medium
Dates — 3 to 4
Doughnuts — ½ doughnut
Eggs — 1½ eggs
Fish — fat — size of 1 cube
Fish — lean — size of 2 cubes
Flour — 1 tablespoon
Frankfurter — 1 small
French dressing — 1½ tablespoons
Fruit — mixed — 1 cup
Fruit cocktail — ½ cup
Gelatin — ½ cup
Grape juice — ½ cup
Grapefruit — ½ large
Grapes — 10 grapes
Gravy — 2 tablespoons
Ice cream — ½ cup
Jam — 1 tablespoon
Jelly — 1 tablespoon
Lamb chop — 1 large
Lemon — 1 large
Lettuce — 2 large leaves
Macaroni — ½ cup cooked
Macaroni — uncooked — ¼ cup
Margarine — ½ stick or 2 tablespoons
Mayonnaise — 1 tablespoon
Meat — lean — size of 2 cubes
Meat — fat — size of 1 cube
Meat — cold cuts — ½ inch slice
Meat — ground — 1 cup cooked
Meat loaf — 1 slice
Milk — ½ cup (reduced)
Milk — ½ cup
Milk — buttermilk — 1 cup
Milk — canned, evaporated — ½ cup
Milk — canned, evaporated, diluted — 1 cup
Milk — canned, sweetened, condensed — ¼ cup
Milk — dried, ¼ reduction — 1 cup
Milk — dried, whole — ¼ cup
Milk — skim — 1 cup
Milk — whole — 1 cup
Molasses — 1½ tablespoons
Onion — 1 large
Onions — 3 to 4 medium
Orange juice — 1 cup
Oysters — ½ medium fresh
Peanut butter — 2 tablespoons
Peanuts — ½ cup shelled
Pear — ½ medium fresh
Peas — ½ cup canned
Pecans — 12 halves
Pie — ½ ordinary serving
Pineapple — 2 slices 1 inch thick
Pineapple — ½ cup
Plums — 2 to 4 large
Popcorn — 1½ cups
Potato — 1 cup
Potatoes — mashed — 1 medium
Potatoes — sweet — ½ medium
Potatoes — white — 1 medium
Prune juice — ½ cup
Prunes — 3 to 4 large
Pumpkin — ½ cup
Radishes — 3 whole red
Raisins — ½ cup packed or 2 tablespoons packed
Rice — cooked ½ cup
Rice — uncooked — ¼ cup
Rolls — 1 medium
Salmon — 1½ cups
Sandwich — 1 small
Sauerkraut — ½ cup
Shortening — 1½ cups
Shrimp — 2½ cups
Soup — 1 cup
Soup — prune — 1 tablespoon
Soup — split pea — 1 tablespoon
Spaghetti — 1½ cups
Spinach — 1 cup
Squash — ½ cup
Strawberries — 1 cup
Sugar — 1 tablespoon
Sugar — brown — 1 tablespoon
Sugar — confectioners — 1 tablespoon
Tomatoes — 1 large
Tomatoes — canned — ½ cup
Tomatoes — juice — ½ to ¾ medium
Turnips — ½ cup
Walnuts — 8 to 10 halves
Watermelon — ½ slice 6 inches diameter
Wheat germ — ¼ cup
Yeast — dry — 1 cake
Yeast — compressed — 1 cake

Approximately 100 Calorie Portions

APPETIZERS - DRINKS



APPETIZERS - DRINKS

HOT SPICED TEA

2 c. orange flavored Tang
2 pkgs. pre-sweetened lemon drink
1 c. instant tea
1 tsp. cinnamon
1 tsp. ginger
1 tsp. ground cloves

Combine and store in sealed container. Use about 1 to 1 1/2 tsp. per cup of water.

KALUAH

Elsie Silva

3 3/4 c. white sugar
2 c. water
3 T. vanilla or 1 1/2 inch vanilla bean
4 to 6 T. instant coffee dissolved in 1/2 c. boiling water
2 T. glycerine
1 fifth vodka

Boil the sugar, water and vanilla for 25 to 30 minutes. Add the instant coffee dissolved in the 1/2 c. boiling water. Add the glycerine (strain if you use the vanilla bean). Add the vodka and age for 3 weeks.

WINE

Gen Lee

4 c. cranapple juice
4 c. Welch grape juice
4 c. distilled water
3 c. sugar
1/4 cake yeast

Put the above ingredients in a gallon container and shake well. Place a large balloon on the top and leave for 21 days.

KAHLUA

3 3/4 c. white sugar
2 c. water
3 T. vanilla or 1 1/2 inch of vanilla bean

Boil for 25 to 30 minutes. Add 4 to 6 T. instant coffee which has been dissolved in 1/2 c. boiling water. Add 2 tsp. glycerine. Strain if you use the vanilla bean. Add a fifth of vodka. Age for 3 weeks. Glycerine is available at the drug store.

The more of earth we want the less of heaven we'll get.

TUNA PATE

Elsie Silva

2 (7 oz.) cans tuna
1 c. butter or margarine
4 T. olive oil
2 T. lemon juice
1 tsp. Dijon mustard
2 T. onion (grated)
2 T. brandy (plain - not fruit flavored)

Drain the tuna, soften butter and season to taste with salt and freshly ground black pepper. Blend well all the ingredients by hand or preferably in a blender. Pack into container with lid, chill well before serving. Serve with crackers as appetizer. Keeps for 2 to 3 weeks in the refrigerator.

If the mixture is like soup when it comes from the blender, fear not, for it will set in the refrigerator.

TANGY CHEESE BALL

Eleanor Ohslund

3 oz. blue cheese
1 (5 oz.) jar Old English cheese
6 oz. cream cheese
1 tsp. onion (grated)
3/4 tsp. Worcestershire sauce
1/4 c. parsley (finely chopped)
1/2 c. pecans (chopped)

Mix all the ingredients except the nuts. Shape into a log or ball. Roll in chopped nuts and refrigerate over night. Keep refrigerated. Either fresh or dried parsley may be used. Serve with snacks or fruit cake.

DUNK FOR SHRIMP

Helen Little

1/2 c. chili sauce
2 T. fresh lemon juice
1 T. horseradish
1 tsp. Worcestershire sauce
Salt to taste

Mix all the ingredients together and chill.

CLAM DIP

Helen Little

1 clove garlic
1 (8 oz.) pkg. cream cheese
2 tsp. lemon juice
1 1/2 tsp. Worcestershire sauce
1/2 tsp. salt or Bon Appetit
1 (7 oz.) can clams (drained - minced)
3 or 4 tsp. clam broth

Rub the bowl with garlic which has been cut in half. Place cream cheese in a bowl and cream it. Gradually add the remaining ingredients. Makes approximately 1 pt. Remove from the refrigerator about 1/2 hour before serving.

No one preaches better than the ant and he says nothing.

AVOCADO DIP

Ollie Otterstad

3 to 4 avocados (very ripe -- mash with a fork)
A few drops of garlic
1 tsp. Best Foods mayonnaise
Juice of 1 small lemon
1 tsp. A-1 or Worcestershire sauce or 1/2 tsp. Tabasco sauce
Salt and pepper
Green pepper or 1 onion (minced)

Delicious also as a spread for freshly buttered toast.

PICKLED ABALONE (Appetizer)

Lucille Castaneda

1/2 c. abalone juice
1/2 can tomato sauce
1 c. wine vinegar
1/4 c. oil
1/4 c. lemon juice
Onion rings
4 cloves garlic (minced)
3 to 4 bay leaves
Red pepper
Dash of Worcestershire sauce

Marinate abalone slices until tasty (about a week or so). Marinade keeps well, add more abalone and marinate as needed.

TUNA OLIVE APPETIZER

Elsie Silva

1 (7 oz.) can solid pack tuna
1 (7 1/2 oz.) can black olives (pitted - drained)
1 (2 or 3 oz.) can mushooms (whole or sliced - drained)
1 (9 oz.) can artichokes (drain)
1 (3 1/2 oz.) jar cocktail onions (drained)
1 (8 oz.) jar giardiniera (drained)
1 (8 oz.) can tomato sauce
3 T. salad oil or olive oil
1/4 c. wine vinegar or cider vinegar
1 tsp. salt

Drain the liquid from the tuna, then turn tuna into a bowl, breaking it neatly into fairly large chunks. Add the olives, mushrooms, artichokes, onions and the giardiniera; all previously drained of their liquids. Add the tomato sauce, oil, vinegar and salt. With 2 forks, toss to blend together well, being careful not to mash the chunks of tuna.

For best flavor, allow the mixture to stand for several hours or over night in the refrigerator. Serve as you would a shrimp cocktail, with saltine crackers. Makes 6 to 8 servings. Can be doubled or tripled easily.

We exaggerate misfortune and happiness alike -- we are never so wretched or so happy as we say we are.

Lou Marks

VEGETABLE DIP

2/3 c.sour cream or Imo
1/3 c. Miracle Whip
1/2 tsp. onion powder
1 tsp. dill weed
1 tsp. Bon Appetit
1 T. dry parsley

Mix with a spoon and chill.

Frieda DeBow

CHEESE BALL

1 (4 oz.) wedge Bleu cheese
1 (8 oz.) pkg. cream cheese
1 lb. sharp Cheddar cheese (shredded)
1 T. onion (minced)
1 tsp. Worcestershire sauce
1/2 c. walnuts (finely chopped)

Allow the cheese to soften at room temperature. Mix well with onion, Worcestershire sauce and nuts. On waxed paper form the mixture into a ball shape and chill. Serve with crackers.

CORNED BEEF CHEESE LOGS

1 (8 oz.) pkg. cream cheese (softened)
2 T. milk
2 cloves garlic or powdered garlic
1 T. Worcestershire sauce
1/8 tsp. hot pepper sauce
1 (12 oz.) can corned beef
3/4 c. parsley (minced)

Blend the softened cream cheese with milk until the mixture is smooth. Blend in garlic, Worcestershire sauce and pepper sauce. Flake unchilled corned beef with a fork. Blend into cheese mixture.

Divide the mixture in half and sprinkle parsley on waxed paper. Roll logs in parsley to coat evenly. Wrap in plastic, chill before serving. Makes 2 logs.

She didn't have potatoes - so she used a cup of rice.
She couldn't find paprika - so she used some other spice.
Tomatoes weren't in season - so she used tomato paste.
The WHOLE can, not a cup, dear - she couldn't bear to waste!
And now she isn't speaking; she's convinced I pulled a fast one.
So don't ask for my recipe -- that one was the last one!

(Women who give recipes should attach a note:) "No substitution or this recipe could be injurious to our friendship."

GUACAMOLE DIP

Gertrude O'Bannon

3 ripe avocados
3 T. lemon juice
1/2 tsp. onion salt
1 1/2 tsp. Worcestershire sauce
1/8 tsp. hot pepper sauce
Salt and pepper

Mash the avocados and stir in the remaining ingredients.

CHILI CON QUESO

Ginger Berg

1 lb. Velveeta
1 lb. Cheddar cheese
1 large can chile salsa
1 small can green chiles
1 c. onions (chopped)

Saute the onions in a little butter. Add the rest of the ingredients until the cheese melts. Serve in a chafing dish, dipping with tortilla chips.

ENTHUSIASM

--That irresistable force --

1. Make up your mind;
2. Don't hold back;
3. Hear your own voice;
4. Associate with enthusiastic people;
5. Make definite plans;
6. Add variety to your life;
7. Think you are someone;
8. Buy and wear good clothes;
9. Do one thing at a time;
10. Walk enthusiastically;
11. Read inspiring books;
12. Believe in God!

Lethargy pyramids as rapidly as enthusiasm!

* * * * *

ADDITIONAL RECIPES

BREADS - ROLLS

BANANA NUT BREAD

1/2 c. cooking oil
1 c. sugar
2 eggs (beaten)
3 ripe bananas (mashed)
2 c. flour
1 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
3 T. milk
1/2 tsp. vanilla
1/2 c. nuts (chopped)

Beat the oil and sugar together. Add the eggs and banana pulp. Beat well. Add the sifted dry ingredients, milk and vanilla. Mix well and stir in the nuts.

Pour into a greased and floured (9x5x3 inch) loaf pan. Bake at 350° for about an hour. Cool well and store over night before cutting.

This sells well at bake sales. Recipe can be doubled and tripled easily.

WHOLE WHEAT BREAD

Former Vicar Royal Yount

1 pkg. active dry yeast
1/4 c. warm water
1 1/2 c. hot water
1/3 c. brown sugar
2 tsp. salt
3 T. shortening
2 c. whole wheat flour (stirred)
3 to 3 1/4 c. all purpose flour (sifted)

Soften the active dry yeast in 1/4 c. warm water (110°). Combine hot water, sugar, salt and shortening. Cool to lukewarm.

Stir in whole wheat flour and 1 c. of the white flour. Beat well. Stir in the softened yeast. Add enough of the remaining flour to make a moderately stiff dough. Turn out onto a lightly floured surface. Knead until smooth and satiny (10 to 12 minutes).

Shape the dough in a ball, place in a lightly greased bowl, turning once to grease the surface. Cover and let rise in a warm place until double (about 1 1/2 hours). Punch down and cut into 2 portions. Shape each in a smooth ball. Cover and let rest 10 minutes. Shape into loaves; place in a greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Let rise until double (about 1 1/4 hours). Bake in a moderate (375°) oven for about 45 minutes. Cover loosely with foil the last 20 minutes if the loaves brown too quickly. Makes 2 loaves.

Elsie Silva

PORTUGUESE SWEET BREAD

4 pkgs. yeast (compressed or dry)
1/2 c. warm water
2 c. sugar
2 c. milk (scalded and still hot)
1 cube butter (1/2 c.)
2 tsp. salt
6 eggs (well beaten)
12 to 13 c. flour
2 T. lemon extract

Dissolve the yeast in warm water. In a large bowl mix together the sugar, hot milk, butter and salt. Stir until the butter melts. When cooled to lukewarm, beat in eggs, extract and yeast mixture.

Sift and measure the flour. Gradually beat 10 c. flour into liquid blending until smooth. Flour a board heavily with part of the remaining flour. Turn dough onto board, sprinkle with more flour. Knead until very smooth and small blisters form on the surface (about 15 to 20 minutes). Add flour to dough as needed.

Place the dough in a large buttered container (a plastic dish pan is nice.) Keep covered in a warm place (about 85°) and let rise until double - about 2 hours. Punch down and butter hands to work with dough.

Shape into loaves, place in well greased regular size loaf pans. Cover the dough with a towel, set in a warm place to rise again until doubled in size. Bake in a moderate (350°) oven for 20 minutes or until a golden brown. This bread freezes well.

ROBERTA'S BREAKFAST CAKE

Betty Steinmann

1 pkg. yellow cake mix
1 pkg. instant vanilla pudding
3/4 c. corn oil
1/2 c. brown sugar
3/4 c. water
4 eggs
1 tsp. butter extract
1 tsp. vanilla
2 tsp. cinnamon

Grease tube pan. Sprinkle with flour, crushed nuts or chopped candied fruits if desired. Combine separately sugar and cinnamon. Mix all the other ingredients.

Layer the batter and sugar-cinnamon mixture several times; beginning and ending with batter. Bake at 350° for 45 to 60 minutes. Cool 15 minutes. Remove from the pan.

Glaze with:

1 c. powdered sugar
3 T. milk
A drop of vanilla

The fellow who jumps to conclusions isn't always certain of a happy landing.

SLOVAK POPPY SEED ROLLS

Mary Sauchuck

2 pkgs. yeast
1 c. warm milk
3 egg yolks
2 whole eggs
1/2 c. sugar
Vanilla
Salt
1/2 lb. butter (melted) or 1/4 lb. margarine and 1/4 lb. butter
5 c. flour
1/2 lb. poppy seeds (ground)
1/2 c. milk
1/2 c. honey

Dissolve 2 pkgs. dry yeast in 1 c. warm milk. When this is bubbling, work in thoroughly 2 c. flour. Allow to rise approximately 1/2 hour.

Blend 3 egg yolks and 2 whole eggs, slightly beaten, with 1/2 c. sugar, vanilla, salt and 1/2 lb. melted butter (or the butter-margarine mixture.) Add this along with 3 c. flour to the first mixture and mix well with the hands. Allow to rise for approximately 2 hours. Brush top of the dough with a little melted butter. Cover with waxed paper and a towel. Place in the refrigerator over night.

The following day divide the dough into 4 or 5 parts. Roll each into a rectangle about 1/2 inch thick.

Boil the 1/2 lb. ground poppy seeds a very short time, stirring constantly with about 1/2 c. milk and 1/2 c. honey. Spoon this filling over the rectangle of dough and roll. Bake on greased sheets, first at 375° for a few minutes, then at 350° for a total of about 30 minutes. Before baking brush the tops of the rolls with beaten egg white. Nuts may be substituted for the poppy seeds.

STREUSEL TOPPING FOR COFFEE CAKES

Bernice Nowak

1 1/2 c. flour
1 c. granulated sugar
1 1/2 cubes butter or margarine
1 T. cinnamon

Mix until crumbly. Brush coffee cake with melted butter. Sprinkle the topping over cake before baking. Any leftover topping may be stored in the refrigerator.

The quickest way to acquire self-confidence is to do exactly what you are afraid to do,

Marion Walter

KONA INN BANANA BREAD

2 c. white sugar
1 c. shortening
6 bananas (ripe - mashed)
4 eggs (well beaten)
1 tsp. salt
2 1/2 c. cake flour
2 tsp. baking soda

Cream the sugar and shortening. Add bananas and eggs. Sift and add gently the dry ingredients. Blend. IMPORTANT: Do not over-mix.

Spoon into 2 prepared 9x5 inch loaf pans and bake at 350° for 45 to 50 minutes. Very light and a delicious bread. Chopped nuts may be added.

Mrs. L. Zuelow

KOLACHO FROM CZECHOSLOVAKIA

1 c. lukewarm milk
1/2 c. sugar
1 tsp. salt
2 cakes compressed yeast
2 eggs
1/2 c. soft shortening (Crisco or butter)
4 1/2 to 5 c. flour

Crumble yeast in milk. Add eggs and shortening. Add salt and sugar, then stir in the flour. Mix first with a spoon, then with hands. Keep the dough as soft as possible, almost sticky -- just so you can handle it after the second raising.

Shape into 1 inch balls. Make a depression in the center of the ball and fill with your favorite fruit filling. Bake in a 400° oven for 20 to 25 minutes. Makes about 2 1/2 dozen.

You may add 1/4 tsp. mace and 1/2 tsp. lemon rind to the dough if a little tastier dough is desired.

Mabel Webber

ROLLS

2 cakes yeast dissolved in 1/2 c. warm water
1 c. milk (scald, then cool)
3 eggs (beaten)
1/2 c. sugar
1 tsp. salt
1/2 c. shortening (melted)
2 c. flour

Beat all together until smooth. Add 2 c. more flour. These can be beaten and put into oiled dish or on a board and kneaded until smooth (a little more flour will be needed).

Let rise until double in bulk, then bake at 350° for about 20 minutes or until lightly browned.

Praising yourself to the sky will not get you there.

DATE NUT BREAD

Ann Speer

1 c. sugar
1 c. dates
1 c. boiling water
1 egg (beaten)
1/2 tsp. salt
1 tsp. soda
2 T. shortening
1 3/4 c. flour
1 tsp. baking powder
1/2 c. nutmeats

Dissolve soda in boiling water and pour over the dates that have been cut up fine. Let stand a few minutes, then add the beaten egg, sugar, salt and shortening. Stir in the flour and chopped nuts.

Bake in a greased loaf pan for 45 minutes in a moderate (350°) oven, decreasing the heat for the last 10 minutes.

HARVEST LOAF

2 c. Bisquick
1/2 c. canned pumpkin
1/2 c. golden raisins
1/2 c. sugar
1/2 tsp. cinnamon
1/4 tsp. allspice
1/4 tsp. cloves
1 egg (beaten)
3/4 c. milk
2 T. salad oil

Blend the biscuit mix, sugar and spices. Combine pumpkin, raisins, egg, milk and salad oil. Add to the dry ingredients and stir just until blended. Turn into a greased loaf pan and bake at 350° for 45 to 50 minutes.

GLAZE:
1 c. XXXX sugar
1 T. cream
Yellow food coloring

Spread on the cooled cake.

BRAN MUFFINS

Lou Marks

1 1/2 c. sugar
1/2 c. oil
2 eggs
2 c. buttermilk
2 1/3 c. flour
2 1/2 tsp. baking soda
1 c. boiling water
2 c. Kellogg's All Bran
1 c. Nabisco All Bran
1 c. raisins
1 c. nuts (chopped)
1 c. dates

Pour boiling water over the bran and raisins. Mix a little. Blend sugar, oil, eggs, buttermilk together. Add the sifted flour, soda and salt. Mix; then add bran, raisins, nuts and dates. Bake in a 400° oven for 25 to 30 minutes. The mixture may be stored in the refrigerator for weeks.

Jane Black

CALIFORNIA APRICOT NUT BREAD

2 c. flour (sifted)
1/2 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1/4 c. instant nonfat dry milk
1/3 c. soft shortening
2/3 c. sugar
1 egg (unbeaten)
1 (1 lb.) can apricot halves (1 c.)
1/2 c. apricot juice
1 T. lemon juice
2 tsp. lemon rind (grated)
1/2 c. walnuts (chopped)

Sift together the flour, baking powder, soda, salt and dry milk. Combine shortening, sugar and egg. Mix until light and fluffy. Add gradually, mixing until well blended, the apricot, apricot juice, lemon juice and lemon rind. Add the dry ingredients all at once; mix quickly but thoroughly. Stir in the chopped nuts. Put into greased 9x5x3 inch loaf pan and bake in a preheated 350° oven for 70 minutes. Let stand in the pan for 10 minutes before turning out on a wire rack to cool.

(This is used at St. Peter's wedding receptions.)

Gertrude O'Bannon

SOUR CREAM HOTCAKES

2 eggs
1 c. sweet or sour cream
1 c. milk
1 1/2 c. flour (sifted)
4 tsp. baking powder
1/2 tsp. soda
2 T. sugar
3/4 tsp. salt

Sift the flour, sugar, baking powder, soda and salt. Add the liquids to slightly beaten eggs and combine with the dry ingredients. Bake on ungreased griddle. Sour cream makes best hot cakes.

FRENCH CUSTARD TOAST

3 eggs (slightly beaten)
1 T. flour
1 tsp. sugar
1/2 tsp. salt
1/2 tsp. baking powder
1 c. milk or half and half
4 slices French bread (cut into 1 inch thick slices)
2 to 3 T. butter

Make a thin batter in a small bowl by mixing the eggs, flour, sugar, salt and baking powder until smooth. Slowly stir in the milk until it is blended. Place the batter in a small square pan or dish. Let the bread soak in batter for about 30 minutes or over night. Then turn each slice and allow to soak 20 minutes longer.

Continued on next page.

FRENCH CUSTARD TOAST (Continued).

Melt butter in a large frying pan over medium low heat, add the soaked bread slices, spooning any remaining batter over them. Cook slowly (about 5 minutes on each side or until browned) turning once. Serve immediately.

ORANGE DESSERT BREAD

Marilyn Tippie

3 c. flour (sifted)
4 1/2 tsp. baking powder
3/4 tsp. salt
1/3 c. margarine
1 c. sugar
1 egg
3 T. orange rind (medium grated)
1 c. orange juice

Sift together the flour, baking powder and salt. Cream the margarine and sugar; beat in the egg, orange rind and juice. Add the sifted dry ingredients; stir just until dry ingredients are moistened; do not beat smooth. Pour into a greased loaf pan (9x5x3 inch) and bake until a cake tester comes out clean. Turn out onto wire rack to cool. Serve while still warm (sliced rather thick) with butter. Store the remaining loaf tightly covered in the refrigerator. Slice thin and toast.

WHOLE WHEAT BANANA BISCUITS

Thelma Shoberg

2 c. whole wheat flour
1/4 c. soy flour
4 tsp. baking powder
1/2 tsp. baking soda (may be dissolved in 1 T. boiling water if you prefer)
1 tsp. sugar
1 tsp. salt
1/2 c. butter (softened)
1/2 c. dairy sour cream
About 1/2 c. ripe banana (mashed - about 1 medium banana)
1/4 c. (about) milk (Use 1 T. if dissolved soda in water)

Put the dry ingredients in a bowl. Cut in the butter until mixture resembles cornmeal. Add the next 2 ingredients and enough milk to hold the mixture together. Stir with a fork only until dry ingredients are moistened. Turn out onto lightly floured board and knead 10 turns. Roll gently to 1/2 inch thickness and cut into rounds with 1 1/2 or 2 inch cutter.

Put on ungreased baking sheet, prick with a fork and bake in a preheated 450° oven for 10 to 15 minutes or until well browned. Use the upper part of the oven.

Serve at once with butter and jam if desired. Makes approximately 2 dozen, depending on the cutter used. These freeze well; warm before serving in a 300° oven.

Ethel Reed

CHEESE CAKE

CRUST:
1 stick butter (melted)
1 T. powdered sugar
26 graham crackers

FILLING:
1 pkg. lemon Jello
1 c. hot water
1 tsp. lemon juice
8 oz. Philadelphia cream cheese
1/2 c. sugar
2 tsp. vanilla
1 tall can Carnation or Pet milk (refrigerate 24 hours)

Crush the crackers to crumbs and mix well with butter and powdered sugar. Line the sides and bottom of a spring form pan. Keep out enough crumbs to sprinkle on top of the cheese cake.

Dissolve the Jello in hot water and lemon juice; let cool. Cream well the sugar and cream cheese. Add the vanilla. Beat refrigerated can of milk until real stiff. Beat in the rest of the ingredients and pour into spring pan. Sprinkle the crumbs on top and refrigerate over night.

Gen Lee

WALNUT BRAN MUFFINS

1 c. whole wheat flour
1/8 tsp. salt
1/4 c. powdered milk
3 T. baking powder
1 c. bran
1/4 c. oil
1 egg
3/4 c. raisins
1/3 c. honey
1 c. milk
3/4 c. walnuts (chopped)

Sift together the flour, salt, powdered milk and baking powder. Add and stir until mixed (do not over mix) the remaining ingredients. Bake in a 400° oven for 15 minutes.

THOUGHT FOR THE DAY

Take time to work -- it is the price of success.
Take time to think -- it is the source of power.
Take time to play -- it is the secret of perpetual youth.
Take time to read -- it is the fountain of wisdom.
Take time to be friendly -- it is the road to happiness.
Take time to dream -- it is hitching your wagon to a star.
Take time to love and be loved -- it is the privilegs of the Gods.
Take time to look around - it is too short a day to be selfish.
Take time to laugh -- it is the music of the soul!

DROP CORN CAKES — Gen Lee

1/2 c. flour (unsifted)
2/3 c. yellow corn meal
2 T. sugar
1 tsp. baking powder
1/2 tsp. salt
1/4 tsp. soda
1/4 c. margarine or butter
1/3 c. milk
1 egg

Sift the dry ingredients together in a bowl. Cut the butter or margarine into the dry ingredients until the mixture resembles coarse crumbs. Beat milk and egg together and add to the corn meal mixture, stirring only enough to moisten the mixture. Drop from a T. 3 inches apart onto well greased baking sheet. Bake in a 375° oven for 12 to 15 minutes. Remove from the sheet immediately.

RIGI-MUFFINS (Swiss Cheese) — Florence S. Zeglarski

2 c. flour (unbleached)
3 tsp. baking powder
1/4 tsp. soda
1/2 tsp. ginger
1/2 tsp. salt
2/3 c. Swiss cheese (grated)
1 egg
1/2 c. milk
1/2 c. molasses
4 T. shortening (melted)

Sift together the dry ingredients. Beat egg, add milk and molasses. Combine this mixture to dry ingredients, stirring constantly. Add melted shortening and last fold in the grated Swiss cheese. Half fill the greased muffin tins and bake in a 375° moderate oven for 15 to 20 minutes.

SOURDOUGH STARTER

1 pkg. active dry yeast
2 1/2 c. warm water
2 c. flour (sifted)
1 T. sugar

Dissolve yeast in 1/2 c. of the water. Stir in remaining water, flour and sugar. Beat until smooth. Cover with cheesecloth; let stand at room temperature for 5 to 10 days, stirring 2 to 3 times a day. (Time required to ferment will depend upon room temperature; if the room is warm, let stand a shorter time than if the room is cool.) Cover and refrigerate till ready to use.

To keep the starter going add 3/4 c. water, 3/4 c. sifted flour and 1 tsp. sugar to remaining starter after some is used. Let stand at room temperature until bubbly and well fermented, at least 1 day. Cover and refrigerate till used again. If not used within 10 days add 1 tsp. sugar. Repeat, adding sugar every 10 days.

SOURDOUGH BREAD

1 pkg. active dry yeast
1 1/2 c. warm water
1 c. Sourdough starter
2 tsp. salt
2 tsp. sugar
5 1/2 to 6 c. all purpose flour (sifted)
1/2 tsp. baking soda

In a large mixer bowl soften the yeast in warm water. Blend in sourdough starter, salt and sugar. Add 2 1/2 c. of the flour. Beat 3 to 4 minutes with an electric mixer. Cover and let rise until light and bubbly, about 1 1/2 hours.

Combine soda and 2 1/2 c. flour and stir into dough. Add enough additional flour to make a stiff dough. Turn out onto a lightly floured surface; knead 5 to 7 minutes.

Divide the dough in half, cover and let rest 10 minutes. Shape into 2 round loaves and place on lightly greased baking sheets. With a sharp knife, make diagonal slashes across the top of the loaves. Let rise until double (1 to 1 1/2 hours) and bake in a 400° oven for 35 to 40 minutes. Brush with butter. Makes 2 loaves.

SOURDOUGH PANCAKES

1 c. flour (sifted)
2 T. sugar
1 1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. baking soda
1 egg (beaten)
1 c. sourdough starter
1/2 c. milk
2 T. cooking oil

Combine flour, sugar, baking powder, salt and soda. Combine egg, sourdough starter, milk and oil. Stir into the flour mixture until combined.

Using 2 T. batter for each pancake, bake on a hot, lightly greased griddle until a golden brown, turning once. Makes about 28 pancakes. Great served with whipped butter and melted jelly or syrup.

CHOCOLATE-FLECK ORANGE-NUT BREAD

3 c. biscuit mix
3/4 c. sugar
1 egg (beaten)
3/4 c. milk
1/2 c. orange juice
3/4 c. nuts (chopped)
2 tsp. orange rind (grated -- optional)
1 (4 oz.) pkg. sweet cooking chocolate (chopped)

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CHOCOLATE-FLECK ORANGE-NUT BREAD (Continued).

Combine the biscuit mix and sugar. Add the egg, milk and orange juice. Beat vigorously about 30 seconds. Stir in remaining ingredients. Pour into a 9x5x3 inch loaf pan, lined on the bottom with waxed paper. Bake in a moderate (350°) oven for 55 to 60 minutes. Let stand in the pan about 15 minutes. Turn out onto a rack to cool and peel off the paper. When thoroughly cold wrap and let stand a day to mellow.

A delicious tea bread to be served spread with butter or cream cheese.

HOT SPICY BUNS

Nancy Lee Meyerdirk

2 T. butter (melted)
1/2 c. brown sugar
1/4 c. corn syrup
1/3 c. nuts (chopped)
1 1/2 pkg. Pillsbury refrigerator buttermilk buscuits

Melt the butter, add sugar, syrup and heat in the oven in a round 8 or 9 inch layer cake pan. Arrange the nuts in the pan. Arrange the biscuits on top and bake at 375° for 15 to 20 minutes. Turn out of the pan in exactly 1 minute to a round plate. Serve immediately. Serves 5 to 6.

ORANGE, DATE AND PECAN BREAD

1 orange
1 c. dates (cut into small pieces)
1 c. sugar
2 T. butter or margarine (melted)
1 egg (beaten)
2 c. flour (sifted)
1 tsp. baking powder
1 tsp. soda
1/4 tsp. salt
1/2 c. pecans (chopped)

Squeeze orange and add water to the juice to make 1 c. of liquid. Remove orange pulp and put peel through food chopper. Combine with dates, sugar, butter, egg and the orange liquid.

Sift the flour, baking powder, soda and salt. Blend into fruit mixture and add nuts. Pour into greased 9x5x3 inch loaf pan. Bake at 350° for 50 to 55 minutes.

We live in the present, we dream of the future, but we learn eternal truths from the past!

LaVerna Herbert

STOLLEN (Fruit Bread)

1 c. raisins
1 c. mixed candied fruits (chopped)
1/4 c. orange juice
3/4 c. milk
1/2 c. granulated sugar
1 c. butter
2 cakes yeast
1/4 c. lukewarm water
2 eggs (beaten)
1 tsp. lemon rind (grated)
5 c. flour
1 c. blanched almonds (chopped)
1/4 tsp. nutmeg
2 T. cinnamon-sugar

Combine the raisins, fruits and orange juice in a small bowl. Set aside, to soak.

Scald the milk with sugar, salt and 1/2 c. butter. Cool to lukewarm. In a large bowl dissolve the yeast in thewater; stir in the cooled milk mixture, eggs and lemon rind. Beat in 2 c. of the flour until smooth. Stir in fruit mixture, nuts and nutmeg. Beat in just enough of the remaining 3 c. flour to make a stiff dough. Knead until smooth and elastic, on a floured board, adding only enough flour to keep the dough from sticking. Place in a greased bowl. Cover with a cloth and let rise in a warm place away from draft for 2 hours or until doubled in bulk.

Punch dough down, knead a few times and divide in half. Roll each half into an oval. Place on a greased cookie sheet.

Melt the remaining butter and brush part over each oval. Sprinkle with cinnamon sugar. Fold in half lengthwise. Cover and let rise 1 hour or until double in bulk. Brush with more butter and bake in a 350° oven for 35 minutes. Brush with more butter while still hot.

ICE BOX MUFFINS

Jane Black

3 c. granulated sugar
5 tsp. baking soda
2 c. boiling water
2 c. Nabisco 100% bran
1 qt. buttermilk
Raisins (optional)
1 c. Crisco (heaping)
1 tsp. salt
4 c. Kellogg's bran
5 c. flour
4 eggs

Pour hot water over the 100% bran. Cream the shortening and sugar. Add eggs, buttermilk and 100% bran. Sift flour, soda and salt together. Add all at once with Kellogg's bran. Fold in only until the dry ingredients are moistened. Add the raisins and bake in muffin tins as needed (2/3 full). Bake at 400° for 12 to 20 minutes. Batter keeps in the refrigerator 6 to 9 weeks. Makes 96 muffins.

CHOLLA (Braided Egg Bread)

LaVerna Herbert

1/2 c. warm water
2 cakes yeast
1 1/2 c. milk (scalded - cooled)
1/4 c. sugar
1/3 c. butter (softened)
1 tsp. salt
3 eggs (lightly beaten)
7 to7 1/2 c. presifted flour
Cooking oil or soft shortening
1 egg yolk
1 T. water
2 T. sesame seeds

Dissolve yeast in warm water; add milk, sugar, butter, salt and eggs. Beat in about 4 c. flour. Work in enough more flour to make dough easy to handle; turn onto lightly floured surface; knead for about 5 minutes or until smooth and elastic. Place in a greased bowl; brush the top with oil or shortening. Cover with cloth and let rise 1 1/2 hours or until doubled in bulk. Grease baking sheet. Turn the dough onto lightly floured surface, knead down and divide in half. Cut each half into thirds.

Roll each piece into strip about 15 inches long. Place 3 strips on a baking sheet and braid, fastening strips securely at each end. Repeat for the other half of the dough. Cover and let rise about 1 hour, or until doubled in bulk. Preheat the oven to 385°, Mix egg yolk and water, then brush top and sides with the mixture. Sprinkle with sesame seeds and bake 30 to 35 minutes.

FRUIT BREAD

Gertrude O'Bannon

1/2 c. butter or margarine
1 c. sugar
3 bananas (mashed)
2 c. flour (sifted)
1/2 tsp. salt
1 tsp. soda
1/4 c. nuts (chopped)
1/4 c. chocolate chips
1/4 c. maraschino cherries (halved)

Cream butter and sugar, add the bananas. Sift the dry ingredients together. Add to creamed mixture. Add the nuts, chocolate chips and cherries. Bake in a buttered loaf pan at 350° for about 1 hour.

Strange how one's thoughts turn to food when there is nothing else to think of.

PUMPKIN BREAD

Gertrude O'Bannon

3 c. sugar
1 c. corn oil
4 eggs (beaten)
2 c. pumpkin (1 lb. -- a large can is 3 c. - make the recipe 1 1/2 times to use the extra cup)
3 1/2 c. flour
1 tsp. baking powder
2 tsp. baking soda
2 tsp. salt
1/2 tsp. cloves
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
2/3 c. water

Combine the sugar, oil and eggs. Add the pumpkin. Sift together the dry ingredients and add to the pumpkin mixture. Add the water. Pour into greased and floured loaf pans. Bake in a 350° oven for 1 hour or until done. Makes 3 small or 2 large loaves.

PUMPKIN BREAD

Pat Morgan

2/3 c. shortening
2 2/3 c. sugar
4 eggs
1 (1 lb.) can pumpkin
2/3 c. water
2/3 c. raisins or dates (chopped fine)
2/3 c. nuts (broken)
3 1/3 c. flour
1/2 tsp. baking powder
2 tsp. soda
1 1/2 tsp. salt
1 tsp. ground cloves
1 tsp. cinnamon

Cream the shortening and sugar. Add the eggs, pumpkin and water. Sift together the flour, baking powder, soda, salt and spices. Add to the pumpkin mixture. Stir in nuts and raisins. Pour into 2 (2 qt.) greased loaf pans and bake at 350° for 1 hour. (You may use 3 - 1 lb. cans.) A ground orange, including peel and all, may be added to mix.

GLAZE TOPPING:

2 T. butter (melted)
1 c. powdered sugar
Orange juice
A little orange rind

Use enough orange juice to obtain the right consistency.

STEAMED BROWN BREAD

Anne Rossell

1/2 c. whole wheat pastry flour
1/2 c. yellow stoneground corn meal
1/3 c. powdered milk
1/2 tsp. salt
2 tsp. baking powder
1 c. raisins or dates (chopped)
1 c. milk (sweet, sour, butter or yogurt)
1/2 c. dark molasses
1/2 c. wheat germ

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STEAMED BROWN BREAD (Continued).

Sift the dry ingredients together. Add fruit and stir until coated. Add the remaining ingredients and stir well. Pour into 2 well greased pint cans. Cover with lids. Set the cans on a rack in a large pot and add boiling water until half way up around cans. Cover the pot and keep the water boiling slowly for 1 1/2 to 2 hours.

NORTHERN CORN BREAD

1 c. flour (sifted)
1 c. cornmeal
1/4 c. sugar
1 tsp. baking powder
1/2 tsp. soda
1 tsp. salt
1 egg
1 c. buttermilk
2 T. shortening

Sift together the dry ingredients. Stir in the beaten egg, buttermilk and melted shortening. Pour into greased muffin cups (12) or an 8 or 9 inch square pan. Bake at 400° for about 25 minutes.

STEAMED BROWN BREAD

Ann Rossell

1/2 c. whole wheat pastry flour
1/2 c. yellow stoneground cornmeal
1/3 c. powdered milk
1/2 tsp. salt
2 tsp. baking powder
1 c. raisins or dates (chopped)
1 c. milk (sweet, sour, butter or yogurt)
1/2 c. dark molasses
1/2 c. wheat germ

Sift the dry ingredients together. Add fruit and stir until well coated. Add remaining ingredients and stir well. Pour into 2 well greased pint cans. Cover with lids or heavy paper tied on. Set the cans on a rack in a large pot (can use jar lids or crumpled foil) and add boiling water until half way up around the cans. Cover the pot and keep the water boiling slowly for 1 1/2 to 2 hours.

WHITE BREAD PLUS

Sandra Boelter

1 cake compressed yeast
1 T. sugar
1/2 c. water (at 85°)
1 egg (beaten)
1/2 c. shortening (melted)
2 c. lukewarm water
1 1/2 tsp. salt
1/2 c. sugar
8 c. all purpose flour

Continued on next page.

WHITE BREAD PLUS (Continued).

Dissolve the yeast and sugar in 1/2 c. water. Allow to stand for 10 minutes. Beat in the egg, shortening, water, salt and sugar. Sift in 4 c. flour mixing with hand mixer. Then use a spoon and then knead. Allow to raise to double the size of dough. Separate into 3 loaves, allow to raise once more.

Bake like so: place in a cold oven and turn the heat to 400°. After 15 minutes reduce the heat to 375° and bake 25 minutes longer. Remove loaves from the pans and cool on a rack. (I brush butter on the tops to soften them after baking.)

PANCAKES — Sandra Boelter

1 c. flour
1 heaping tsp. baking powder
2 T. sugar
1/8 tsp. salt
1/4 tsp. soda
1 c. milk
1 tsp. vinegar
1 egg
2 T. butter or margarine (melted)

Put the vinegar in the milk and set aside. Sift the above dry ingredients together. Add the milk and egg. Melt butter and mix in well.

MUFFINS — Sandra Boelter

1 1/2 c. flour (sifted)
1/2 c. sugar
1/2 tsp. baking powder
1/2 tsp. salt
1/4 c. margarine
1 egg
1/2 c. milk

Sift the dry ingredients, then combine with the remaining ingredients. Fill muffin tins 2/3 full and bake at 400° for 18 to 20 minutes. For variation add diced nuts and 1/2 tsp. cinnamon.

CARDAMOM TOAST OR SWEDISH RUSKS — Dorothy Saleebey

1 c. shortening
1/2 c. sugar
2 eggs (beaten)
1 c. buttermilk
1/4 tsp. salt
12 crushed cardamom
1/2 tsp. almond flavor
1 tsp. soda
3 c. flour

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CARDAMOM TOAST OR SWEDISH RUSKS (Continued).

A pepper mill works fine to crush cardamom. Mix all the ingredients. Spread in a 9x13 inch buttered pan and bake at 350° for 30 to 40 minutes. Cool and cut into 36 pieces.

Place on cookie sheets, cut side up, and toast at 300° for 30 to 40 minutes or more, until completely dried and lightly browned. Boy, good for dunking!

QUICK CORNBREAD

Ann Rossell

2 c. coarse yellow cornmeal (stoneground)
1 tsp. salt
1/2 c. powdered milk
2 tsp. baking powder
1 c. milk (sweet, sour, buttermilk or yogurt)
1/2 c. wheat germ
2 T. vegetable oil
2 T. honey
1 egg

Sift the dry ingredients together and add the remaining ingredients. Stir well. Pour into a greased 8x8 inch pan. Bake at 450° for 20 to 25 minutes.

WHEAT GERM MUFFINS

Ann Rossell

1 c. wholewheat pastry flour (sifted)
1 tsp. salt
3 tsp. double acting baking powder
1/4 c. powdered milk
1 c. wheat germ
1 c. milk (sweet, sour, buttermilk, or yogurt)
2 eggs
1/4 c. honey or dark molasses
2 T. vegetable oil
1/2 c. raisins

Sift the dry ingredients together and add the remaining ingredients stirring only to moisten. Fill muffin tins 2/3 full and bake at 400° for 15 to 20 minutes.

LEMON BREAD

Ginger Berg

2 1/4 c. flour
1 c. sugar
1 T. baking powder
1/2 tsp. salt
1 c. walnuts (chopped)
1 egg
Peel of 1 lemon (grated)
3/4 c. evaporated milk
1/2 c. water
1/4 c. butter (melted)

Continued on next page.

LEMON BREAD (Continued).

Blend the first 4 ingredients. Mix in the nuts and set aside. Beat the egg and add milk, butter, water and lemon peel. Add liquid to the dry ingredients and stir until just moistened.

Turn into 1 large loaf pan or 2 small ones. Bake at 375° for about 40 minutes. Let stand in the pans for 10 minutes.

Betty Linton

CINNAMON COFFEE CAKE

2 c. sugar
1 c. butter
4 eggs
1 c. milk
3 c. flour
1 tsp. vanilla
3 tsp. baking powder

Cream together the sugar and butter. Add eggs and mix. Sift the flour 3 times, add the baking powder and sift 3 more times. Add alternately with the milk to creamed mixture, add vanilla.

Grease an angel food pan well with butter.

TOPPING:
1/4 c. sugar
4 tsp. cinnamon

Mix together and sprinkle on all side and the bottom of the angel food pan. Pour in the batter and top and alternate into 3 layers with topping. Bake at 350° for 1 hour or more. Let cool in the pan -- do not invert.

Gertrude O'Bannon

SOUR CREAM COFFEE CAKE

1 stick margarine
2 c. white sugar
2 eggs
1 tsp. vanilla
2 c. flour
1/4 tsp. salt
1 tsp. baking powder
1/2 pt. sour cream

TOPPING:
3 T. brown sugar
3/4 tsp. cinnamon
1/2 c. nuts

Cream the margarine and sugar. Add eggs and vanilla. Sift flour, salt and baking powder. Add 2/3 the dry ingredients and beat well. Carefully fold in sour cream, then add the rest of the flour mixture. Stir out lumps but do not beat. Spoon half batter into a greased and floured angel food cake pan. Cover with half the topping and spoon on remaining batter. Cover with last half of topping and bake at 350° for 60 minutes. Cool before removing.

The only food that never goes to waste is food for thought.

STREUSEL COFFEE CAKE

LaVerna Herbert

1 c. butter
1 c. granulated sugar
2 eggs
2 c. flour (sifted)
2 tsp. baking powder
1/2 tsp. salt
1 can fruit pie filling or jam or fresh fruit or berries sprinkled with extra sugar

Cream butter and sugar until light and fluffy. Add the eggs and beat well. Add the sifted flour which has been sifted with the other dry ingredients and mix well. Batter is thick. Spread 3/4 of the batter into a 9x13x2 inch pan. Pour pie filling over batter and drop remaining batter by spoonsful over the filling.

TOPPING:

2 T. butter
1/4 c. sugar
1/4 c. flour

Combine ingredients and sprinkle over the top. Bake in a 350° oven for 45 minutes or until done.

BUTTERY ALMOND COFFEE CAKE

COFFEE CAKE:

1/2 c. butter (1 stick)
1 c. flour
1 T. water
1 c. water
1/2 c. butter (1 stick)
1 c. flour
3 eggs
1 tsp. almond extract

Cut 1/2 c. butter into 1 c. flour until the mixture resembles small peas. Add 1 T. water and mix until well blended. Divide into 2 rolls. Flatten into 2 (3x15 inch) strips on a baking sheet.

In a 2 qt. saucepan bring 1 c. water and 1/2 c. butter to a rolling boil. Beat in 1 c. flour until smooth. Remove from the heat. Thoroughly beat in the eggs 1 at a time. Beat 1 minute longer. Add the almond extract. Spread one half the mixture on each pastry strip. Bake at 375° for 40 minutes.

FROSTING:

½ c. confectioners' sugar
1 T. milk
1 T. butter (melted)
2 tsp. vanilla
1 tsp. almond extract
1/4 c. almonds (chopped)

Combine sugar, milk, butter, vanilla and almond extracts until smooth. Stir in almonds and spread on a warm cake. Makes 2 coffee cakes.

* * * * *

FLOWER LAND

There is a land, a beautiful land all sprinkled
with honey and dew.
A flowery land so bright and cheerful where all
the flowers are new.
It's just a valley so tiny and small but within it,
flowers grow one and all.
The daisies, the dandelions, the lily white, where
its sunny at day and dim by night.
And here grow the flowers all shapes and sizes, a
beautiful place that's full of surprises!

CROWN JEWEL CAKE (Continued).

Combine the milk, vanilla and Dream Whip in a bowl with a narrow bottom. Blend, then beat until the mixture forms soft peaks. Fold into the syrupy Jello. Cut the firm black cherry, strawberry and lime Jello into cubes of 1/2 inch. Fold into the raspberry Jello mixture. Pour into a 9 inch angel food cake pan to chill for 8 hours. Unmold, spread the tops and sides with additional Dream Whip and sprinkle with coconut tinted pink if desired.

PICNIC CAKE

Mrs. Marie Hauser

1/2 c. shortening
1 1/2 c. sugar
2 large eggs
2 1/4 c. flour (sifted)
2 1/2 tsp. baking powder
1/2 tsp. salt
1 c. milk
1 tsp. vanilla
Marshmallows
1/2 c. brown sugar
1/2 c. walnuts (floured)

Cream the sugar, shortening and eggs. Sift the flour, then measure. Add baking powder and salt, sift again. Add to the creamed mixture, add milk and vanilla. Mix and pour into an 8x12 inch pan. Arrange the marshmallows on top, sprinkle floured walnuts and brown sugar over all. Bake at 350° for 40 to 50 minutes.

QUICK APPLE CAKE

Ruth Fischer

1 c. flour
1/2 c. sugar
1 tsp. baking powder
3 T. butter
1 egg (beaten)
3 T. milk
Pinch of salt
3 apples (sliced thin)

Spread the dough in an oblong greased pan or a 9x9 inch greased pan. Spread the apples over the dough. Pour 2 T. cream or canned milk over the apples and bake at 375° for about 30 minutes. Can also sprinkle with a streusel topping.

FRENCH ORANGE CAKE

Mathilde Meitzler

1/2 c. butter
1 c. sugar
1 egg
1 tsp. soda
1 c. milk
2 c. flour
Rind of 1 orange (grated)
1 c. nuts (chopped)
1 c. dates (chopped)

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FRENCH ORANGE CAKE (Continued).

Dissolve the soda in a little hot water and pour over the dates. Cream sugar and butter. Add the egg, milk and other ingredients. Bake in a tube pan in a moderate oven for 30 to 40 minutes.

Dissolve 1 c. powdered sugar in juice of the orange and pour over the cake while hot. Leave in the pan until cool.

Louise Carter

APPLE KUCHEN

1 pkg. yellow cake mix
3 or 4 tart apples
3/4 c. sugar
2 tsp. cinnamon
2 T. flour
1/4 c. butter

Mix cake mix as directed on the package and pour into the pan. Slice apples and put on top of the batter in rows. Mix the sugar, flour, cinnamon and butter until crumbly, spread over the top of the apples.

Cut up the dates, nuts or maraschino cherries - which may be added if desired.

Bake cake about 30 minutes in a 350° oven.

Marjorie Lund

PRUNE CAKE

2 c. flour
2 c. sugar
1 tsp. cloves
1 tsp. nutmeg
1 tsp. cinnamon
1 tsp. allspice
1 tsp. soda
1 tsp. salt

Sift these ingredients together.

1 c. salad oil
3 eggs
1 c. prunes (chopped - cooked)
1 c. buttermilk
1 tsp. vanilla
1 c. pecans (chopped)

To the sifted dry ingredients add the salad oil. Mix well, then add eggs 1 at a time and beat well. Add 1 c. prunes (cooked - chopped) the buttermilk, and vanilla. Beat. Mix in the pecans and bake in a 325° oven for about 1 hour in a loaf pan.

CREAM SHERRY WINE CAKE

Em Rafferty

1 yellow cake mix
1 box instant butterscotch pudding
1 c. buttery flavored oil
1 c. cream sherry wine
4 eggs
1 oz. poppy seeds

Combine all and mix for about 5 minutes with an electric beater. Bake at 350° for 45 to 50 minutes. Frost with Vanilla Butter Icing.

SHERRY WINE CAKE

Mabel Webber

1 yellow cake mix
4 eggs
3/4 c. oil
3/4 tsp. nutmeg
3/4 c. sherry wine
1 pkg. vanilla pudding

Beat 4 minutes. Bake at 350° in a tube pan about 50 minutes.

SHOO-FLY CAKE (Old Lehigh County Recipe)

Gretchen Helder

1 1/2 c. flour
1 c. brown sugar
1/4 c. butter or lard
1/2 c. New Orleans molasses
1/2 c. hot water
1/2 tsp. soda

Mix crumbs of flour, brown sugar, butter or lard. Mix the molasses and hot water. Scald soda in molasses-water. Fill crusts with molasses mixture and put crumbs on top. Bake until firm. Makes 3 pies.

BROWN SUGAR CAKE

Betty Linton

1 c. dark brown sugar
1 c. light brown sugar
2 c. all purpose flour (unsifted)
1/2 c. butter
1 egg (beaten)
1 c. sour milk
1 tsp. soda
Nuts (optional)

Mix the sugars and flour. Rub in the butter as for pastry. Reserve 2/3 c. of this mixture for topping. To remainder add the rest of the ingredients. Bake at 350° for 35 minutes, 9x9 pan.

RHUBARB CAKE

Vi Matson

1/2 c. Crisco
1 egg (beaten)
2 c. flour
1 1/2 c. raw rhubarb (cut into small pieces)
1 1/2 c. brown sugar
1 c. buttermilk
1 tsp. soda
1/2 c. white sugar
1 tsp. cinnamon

Cream Crisco and brown sugar. Add the beaten egg. Add alternately the buttermilk with mixed flour and soda. Fold the rhubarb in lightly.. Spread in a greased and floured pan. Sprinkle with white sugar and cinnamon. Bake at 350° for 35 to 40 minutes.

The happiness of your life depends upon the quality of your thoughts!

FRESH APPLE CAKE

Vi Matson

1 c. nuts
3 c. apples (Pippin - peel - cut and dice - uncooked)
3 c. flour
1/2 tsp. salt
1 tsp. cinnamon
1 1/4 c. cooking oil
2 c. sugar
2 eggs (beaten)
1/2 tsp. soda
2 tsp. vanilla

Beat the eggs, sugar, vanilla and oil. Add the dry ingredients (sifted). Add the apples and nuts. Bake in a 9x13 inch pan for 50 to 60 minutes. Bake at 350°. Cool thoroughly before removing from the pan.

SCRIPTURE CAKE

From Mary Meade's Country Cookbook
by Ruth Ellen Church

1/2 c. Judges 5:25 last clause
2 c. Jeremiah 6:20
2 T. I Samuel 14:25
6 Jeremiah 17:11
1 1/2 c. I Kings 4:22
2 tsp. Amos 4:5
II Chronicles 9:9 to taste
Pinch of Leviticus 2:13
1/2 c. Judges 4:19 last clause
2 c. Nahum 3:12
2 c. Numbers 17:8
2 c. I Samuel 30:12
1/2 c. butter
2 c. sugar
2 T. honey
6 eggs
1 1/2 c. flour (sifted)
2 tsp. baking powder
Spices to taste (2 tsp. cinnamon 1/2 tsp. ginger, 1 tsp. nutmeg and 1/2 tsp. cloves)
Pinch of salt
1/2 c. milk
2 c. figs (chopped)
2 c. almonds (chopped)
2 c. raisins

Whip the Judges, Jeremiah and I Samuel until light. Beat the 6 Jeremiah yolks and add. Add Kings, Amos, Chronicles and Leviticus alternately with Judges. Fold in Nahum, Numbers and Samuel, then also the 6 Jeremiah whites, beaten stiff. Bake 2 hours in a greased 10 inch tube pan at 300°.

Beat together until light and fluffy the butter, sugar and honey. Separate eggs and beat yolks until light and add. Sift flour, baking powder, spices and salt. Add in alternate portions with milk. Stir in figs, almonds and raisins. Fold in stiffly beaten egg whites and bake in a lined, well greased, tube pan for 2 hours at 300°.

We are not judged by the things we want to do and can't, but the things we ought to do and don't.

SHEATH CAKE

Lucille Covic

2 c. flour
2 c. sugar
1 stick oleo
1/2 c. Crisco
1 c. water
4 T. cocoa
1/2 c. buttermilk
1 tsp. soda
1 tsp. vanilla
2 eggs (slightly beaten)

Sift the flour and sugar into mixing bowl. Melt and boil for a few minutes the oleo, Crisco, water and cocoa. Add to flour and sugar and mix. Add the buttermilk, soda, vanilla and eggs, one item at a time and mix thoroughly. Mixture will be thin.

Bake in an 11x16 inch greased pan at 400° for 20 to 30 minutes.

ICING:

Start the icing 5 minutes before the cake is done.

1 stick oleo
4 T. cocoa
6 T. milk

Bring these to a boil. Add 1 box powdered sugar sifted, and 1 c. ground nuts. Pour over the cake while hot. Should serve about 20 people.

APPLESAUCE CAKE

Irene Wright

3/4 c. raisins
1/2 c. boiling water
1/2 c. Crisco
1 1/2 c. brown sugar (golden - firmly packed)
1 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. allspice
2 eggs (unbeaten)
1 1/2 c. thick applesauce
2 1/2 c. all purpose flour (sifted)
3/4 c. walnuts (chopped)
2 tsp. soda

Combine raisins and boiling water; set aside. In a mixing bowl beat the shortening, sugar, salt, spices and eggs until creamy smooth and fluffy. Scrape the bowl often. Blend in the applesauce, then flour and walnuts. Stir soda into undrained raisins; add to batter and mix well. Pour into greased and floured 9x13x2 inch pan. Bake at 350° for 40 to 45 minutes, or until the cake tests done.

If you don't scale the mountain, you can't see the view.

SODA CRACKER CAKE

Marilyn Tippie

DRY INGREDIENTS:

1 c. soda cracker crumbs
1 c. nuts (chopped)
1/2 c. ground chocolate (like Chirardelli's)
1 T. flour
1 tsp. baking powder

WET INGREDIENTS:

3 eggs (beaten)
1 T. milk (add to eggs)
1 tsp. vanilla
1 c. sugar

Mix the wet and dry ingredients together. Grease 2 (8 inch) cake pans and line with waxed paper. Grease both pans and waxed paper. Bake in a 350° oven for 25 minutes. Cool 5 minutes, then invert onto plates and remove waxed paper. Cool. Cover with whipped cream sweetened with sugar, and refrigerate at least 2 hours.

FRUIT COCKTAIL CAKE

Ethel Reed

1 (No. 2 1/2) can fruit cocktail (drained)
2 c. sugar
2 c. flour
2 tsp. baking soda
1 tsp. salt
A little bit of juice
2 eggs
1 tsp. vanilla

TOPPING:

1 c. brown sugar
3/4 c. nuts (chopped)

Combine the first 6 ingredients and mix well with a spoon. Add the eggs, mix well and add the vanilla. Pour into a greased and floured 9x13 inch pan. Sprinkle on the toppkng and bake in a 325° oven for 50 minutes. Serve with whipped cream or Cool Whip.

RAW APPLE CAKE

1 egg
1 c. brown sugar
1/2 c. oil
1 c. flour
1 tsp. baking soda
1/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. vanilla
1 c. walnuts (chopped)
2 1/2 c. apples (grated)

Combine ingredients. Bake in a 9 inch square pan at 350° for 40 minutes or until done. (Bake double batch in a 9x13 inch pan.)

FROSTING:

1 (8 oz.) pkg. cream cheese
1/2 stick butter
1 tsp. vanilla
1 box powdered sugar

For a nice touch shave Brazil nuts over the top.

SWEET CHOCOLATE TEA CAKE (Pound Cake) Helen Little

1 (4 oz.) pkg. Baker's German sweet chocolate
2 3/4 c. Swans Down cake flour (sifted)
1 3/4 c. sugar
1 tsp. salt (1/2 tsp. if using margarine)
3/4 tsp. cream of tartar
1/2 tsp. soda
1/4 tsp. cinnamon
1 c. soft butter or margarine
3/4 c. milk
1 tsp. vanilla
3 eggs plus 1 egg yolk

Heat the chocolate over hot water until partially melted. Remove from the heat and stir rapidly until melted. Cool.

Sift the flour with sugar, salt, cream of tartar, soda and cinnamon. Stir shortening, add flour mixture, milk and vanilla. Mix until all the flour is dampened. Beat 2 minutes at medium speed of electric mixer or 300 vigorous strokes by hand. Add the eggs, yolk, and chocolate. Beat 1 minute longer or 150 strokes by hand.

Pour into a 9 or 10 inch tube pan that has been greased and floured on sides and tube and lined on the bottom with waxed paper. Bake in a moderate (350°) oven for about 1 hour and 5 to 10 minutes or until a cake tester inserted in the center comes out clean and cake is free from the sides of the pan. Cool in the pan 15 minutes, loosen from tube and sides and remove from the pan. Glaze while warm if desired.

STRAWBERRY DREAM CAKE Frieda DeBow

1 pkg. (about 1 lb. 4 oz.) white cake mix
1 (3 oz.) pkg. strawberry gelatin
2 T. flour
4 eggs
1/2 c. water
1/2 (10 oz.) box frozen strawberries (sliced - thawed)

FROSTING:
The other half box strawberries
1/2 c. butter or margarine
1 box confectioners' sugar
1/2 tsp. vanilla

Mix together the cake mix, gelatin, flour, eggs and water. Beat at medium speed for 2 minutes on a mixer. Add strawberries (include the syrup) to the batter. Beat 1 more minute on mixer. Add oil and beat 1 more minute. Divide batter evenly into 2 greased and floured 8 inch square pans or 2 (9 inch) layer pans. Bake in a moderate (350°) oven for 35 to 40 minutes. Cool on cake racks about 10 minutes, then remove from the pan.

Continued on next page.

STRAWBERRY DREAM CAKE (Continued).

When completely cool fill and frost with strawberry frosting. Beat the butter or margarine until smooth. Add the sugar alternately with the strawberries (including syrup) and beat until smooth. Add vanilla. If the frosting is too thick, thin with a little milk or cream.

PEAR CAKE

Frieda DeBow

1 (1 lb.) can Bartlett pear halves
1 pkg. batter cake mix (flavor of your choice - spice is good)
3 eggs

Combine the pears and syrup, cake mix and eggs in a large mixing bowl. Blend at low speed until all the ingredients are moistened. Beat 4 minutes at medium speed. Pour into a greased 9x13 inch cake pan or fill cupcake liners 2/3 full. Loaf pans can also be used. Bake at 350° for 40 to 45 minutes for sheet cake and 25 to 30 minutes for the cupcakes. For a glass cake pan bake at 325°. Frost while warm. Lemon glaze or peanut frosting are suggested. See toppings.

AVOCADO LOAF CAKE

3/4 c. shortening
2 c. sugar
3 eggs
2 c. flour (sifted)
1/3 c. cocoa
3/4 tsp. allspice
3/4 tsp. cinnamon
3/4 tsp. salt
1 1/2 tsp. baking soda
1 1/2 c. avocado (mashed)
3/4 c. buttermilk
1/2 c. dates (chopped)
1/2 c. walnuts (chopped)
3/4 c. raisins

Preheat the oven to 350°. Cream shortening; add sugar slowly, beating until light and fluffy. Add the eggs 1 at a time, beating well. Sift the dry ingredients together, reserving 1/4 c. to mix with fruit and nuts.

Fold dry ingredients into egg mixture with mashed avocado and buttermilk. Add fruit and nuts. Grease and line 2 (8 1/2 x 4 1/2 x 2 1/2 inch loaf pans) with brown paper. Pour in the batter and bake at 350° for 1 hour and 5 minutes.

This is a rich moist cake which freezes beautifully. After it has thawed, brush top with corn syrup, add pecans and place under the broiler until it bubbles. Excellent holiday gift cake.

GUM DROP CAKE

Shirley Titlow

1 lb. white raisins
2 lbs. spiced gum drops (omit the orchid and black ones)
1 c. nut meats
4 c. flour
1 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. nutmeg
1/4 tsp. salt
1 c. shortening
2 c. sugar
2 eggs
1 1/2 c. applesauce
1 tsp. baking soda dissolved in 1 T. water
1 tsp. vanilla

Sift the dry ingredients together. Cream shortening and sugar. Add the eggs, applesauce, soda water and vanilla. Add the dry ingredients, gumdrops and nuts. Bake in 2 loaf pans or 1 large loaf pan.

HONEY CAKE

Shirley Titlow

4 eggs (well beaten)
1 c. brown sugar (firmly packed)
1 c. oil
1 1/2 c. honey (melted)
1 c. sour cream
1 tsp. salt
1 tsp. baking soda
3 c. flour
1 tsp. baking powder
2 tsp. ground cloves
1/2 tsp. nutmeg
1 tsp. allspice

Dissolve baking soda in the sour cream. Mix together the eggs, brown sugar, oil and honey. Alternately add the flour, salt and spices and sour cream to mixture. Bake in a greased angel food cake pan at 350° for 1 hour.

APPLE CAKE

Shirley Titlow

2 eggs
2/3 c. salad oil
2 tsp. vanilla
2 c. sugar
2 c. flour
1/2 tsp. salt
1 tsp. baking powder
2 tsp. cinnamon
4 large apples (coarsely chopped)
1/2 c. nuts (chopped)

Combine and blend together the eggs, oil, vanilla and sugar. Sift together the flour, salt, baking powder and cinnamon. Add to the mixture. Mixture will be very stiff. Stir in the apples and nuts. Pour into prepared 9x13 inch pan and bake in a 350° oven for 45 minutes. When cake is cool, frost with cream cheese frosting.

Continued on next page.

APPLE CAKE (Continued).

CREAM CHEESE FROSTING:
3 oz. cream cheese
2 T. butter or margarine (melted)
1 tsp. vanilla
2 c. powdered sugar

Gertrude O'Bannon

SOUR CREAM CHEESE CAKE

CRUMB CRUST:
15 crackers (about 1 1/4 c.)
1/2 c. sugar
1/2 tsp. cinnamon
1/4 c. butter (melted)
Line a 9 inch layer cake pan with the crumb mixture.

FILLING:
2 eggs
1/2 c. sugar
2 tsp. vanilla
1 1/2 c. sour cream
1 lb. (2 - 8 oz. pkgs.) cream cheese (softened - cut in pieces)
2 T. butter (melted)

In a container put the eggs, sugar, vanilla and sour cream. Cover and blend 15 seconds on liquify. With motor on, remove the cover and gradually add the cheese. Add melted butter. Pour the cheese mixture into the prepared cake pan and bake in a 325° preheated oven for 35 minutes, or until set in the center.

Filling will be very soft but will firm up as the cake cools. Chill thoroughly before serving.

APPLESAUCE CAKE

Dorothy Hansen

1/2 c. margarine
1 1/2 c. sugar
2 eggs (beaten)
1 c. applesauce
2 c. whole wheat pastry flour
1 tsp. cinnamon
1/2 tsp. ground cloves
1/4 tsp. salt
1 tsp. baking powder
1/2 tsp. soda
1 c. raisins (chopped)

Thoroughly cream margarine and sugar. Add the eggs and beat. Add the applesauce, then the sifted dry ingredients. Beat smooth and fold in raisins. Bake in a greased 9 inch square pan at 350° for 45 to 60 minutes. Do not overbake.

Peace is not the absence of conflict, but the ability to cope with it.

FRESH ORANGE LAYER CAKE

Gertrude O'Bannon

2 1/4 c. cake flour (sifted)
1 1/2 c. sugar
2 tsp. baking powder
1/4 tsp. baking soda
1 tsp. salt
1/2 c. shortening
1 tsp. orange rind (grated)
1 c. liquid (3/4 milk and 1/4 orange juice)
2 eggs (medium size)

Sift together the flour, sugar, baking powder, soda and salt. Add the shortening, orange rind and 2/3 c. of the liquid mixture. Beat 2 minutes at #3 speed. Add the remaining 1/3 c. liquid and the eggs. Beat 2 minutes at #3 speed. Pour into 2 greased (8 inch) cake tins and bake at 350° for 30 minutes.

WINE CAKE

Gertude O'Bannon

1 pkg. yellow cake mix
1 pkg. vanilla instant pudding
4 eggs
3/4 c. salad oil
3/4 c. California sherry
1 tsp. nutmeg

Combine all the ingredients. Mix with mixer for 5 minutes at medium speed. Pour batter into greased angel food pan. Bake in a moderate (350°) oven for 45 minutes or until done. Cool in the pan about 5 minutes before turning out onto rack. Sprinkle with powdered sugar.

SHERRY CAKE

Pat Morgan

1 pkg. yellow cake mix
1 pkg. instant lemon pudding
4 eggs
1 tsp. vanilla
1 tsp. nutmeg
3/4 c. Wesson oil
3/4 c. cream sherry
3/4 c. nuts (finely chopped)

Mix all the ingredients together for 5 minutes. Pour into a greased and floured Bundt pan. Bake at 350° for 50 to 55 minutes. Glaze while hot with paste brush with 3/4 c. powdered sugar and 2 to 3 T. sherry.

MILK CHOCOLATE CAKE

Gertrude O'Bannon

2 1/4 c. sugar
3 T. water
2 sq. unsweetened chocolate (melted) or 2 env. no melt unsweetened chocolate
3/4 c. soft butter or margarine
1 tsp. vanilla
4 eggs (separated)
2 1/2 c. cake flour (sifted)
1 tsp. cream of tartar
1/2 tsp. soda
1/2 tsp. salt
1 c. milk

Continued on next page.

MILK CHOCOLATE CAKE (Continued).

Add 1/4 c. sugar and the water to the chocolate. Cream the butter well. Add remaining sugar gradually, beating until light and fluffy. Add the vanilla, then egg yolks, 1 at a time, beating well after each addition. Add the chocolate mixture and blend.

Add the sifted dry ingredients alternately with milk, beating until smooth. Fold in egg whites, beaten until stiff, but not dry. Pour into 3 round (9 inch) or 4 (8 inch) layer pans lined on the bottom with waxed paper. Bake 9 inch layers for 50 minutes and the 8 inch layers for 40 minutes in a 350° oven. Let stand 5 minutes, then turn out onto racks to cool. Remove paper and put the layers together with cream filling. Spread the top and sides with frosting.

Sandra Boelter

COLD WATER COCOA CAKE

1/2 c. butter
1/8 tsp. salt
1 c. sugar
1 tsp. vanilla
1 1/3 tsp. soda
1/2 c. cocoa
1/3 c. cold water
2 1/2 c. flour (sifted)
1 c. cold water
3 egg whites (beaten stiff)
3/4 c. sugar

Cream the butter, sugar, salt and vanilla. Blend and add the cocoa and 1/3 c. cold water. Then add alternately flour and 1 c. cold water. Fold in beaten egg whites and sugar added to them. Last, add the soda which has been dissolved in a small amount of boiling water. Stir thoroughly. Bake at 360° about 35 minutes or until done.

Warning: no more than one piece at a time!

FRESH APPLE CAKE

Dorothy Saleebey

TOPPING:
1/2 c. sugar
1/2 c. nuts (finely chopped)
2 tsp. cinnamon

CAKE:
1 c. butter or margarine
1 1/2 c. sugar
1/4 c. brown sugar
2 eggs (beaten)
1 tsp. baking powder
2 1/2 c. flour
1 c. buttermilk (add soda)
1 tsp. soda
2 1/2 c. raw apples (chopped)

Continued on next page.

FRESH APPLE CAKE (Continued).

Cream the fat and sugars. Add the eggs. Sift the flour and baking powder. Add the soda to milk. Add the flour alternately with the buttermilk to the mixture. Fold in the apples. Pour into a 10x14 inch greased and floured pan.

Sprinkle topping over it. Cut into cake mixture lightly with a spatula. Bake at 350° for 45 to 50 minutes.

HEATH CAKE — Ida Edwards

2 c. flour (sifted)
1 c. brown sugar
1/2 c. white sugar
1 stick oleo
1 tsp. soda
Pinch of salt

Mix -- this will be crumbly. Set 1/2 c. aside. Add and beat into the remainder of the crumb mixture:

1 c. buttermilk
1 tsp. vanilla
1 egg

Pour this into a 9x13 inch pan. Sprinkle reserved crumb mixture and crush 5 Heath candy bars and put on top. Bake at 350° for 30 to 35 minutes. Serve plain or with whipped cream.

FROSTINGS

NEVER FAIL CHOCOLATE FROSTING — Sandra Boelter

1/4 c. butter
1/3 c. milk
1 sq. chocolate
1 c. sugar

Mix the ingredients. Cook over stove to a boil. Boil for exactly 1 minute, then beat until ready to spread.

VANILLA CREAM FILLING — Gertrude O'Bannon

1/2 c. sugar
3 T. flour
1/8 tsp. salt
1 1/2 c. milk
2 eggs (beaten)
1/2 tsp. vanilla

In the top of a double boiler mix 1/4 c. sugar, flour and salt. Add 1/2 c. milk and stir until smooth. Pour in remaining 1 c. milk and cook over boiling water 10 minutes or until smooth and thickened, stirring.

Mix remaining 1/4 c. sugar and the eggs. Add hot mixture slowly, stirring. Put back in double boiler and cook 5 minutes or until very thick, stirring. Cool and add the vanilla.

CHOCOLATE FROSTING

Gertrude O'Bannon

2 sq. unsweetened chocolate (melted or 2 env. no-melt chocolate
1 can Eagle Brand condensed milk
2 T. cold water (to thin)

Mix all the ingredients well to frost cake.

UNCOOKED FROSTING FOR CAKE

Grace Ahlquist

4 egg whites
2 1/4 c. granulated sugar
3 T. lemon juice
4 drops mint extract
2 T. water

Beat the egg whites with the sugar until stiff. Add the lemon juice and mint extract and water. Beat until the mixture is nice and fluffy.

CREAMY NUT FILLING AND FROSTING

Gertrude O'Bannon

2 1/2 T. cake flour
1/2 c. milk
1/2 c. shortening
1/2 c. butter
1/2 c. granulated sugar
1/4 tsp. salt
1/2 tsp. vanilla
1/2 c. nuts (coarsely chopped)
1 c. powdered sugar

Into cake flour gradually blend the milk. Cook to a very thick paste (about 10 minutes) stirring constantly. Cool to lukewarm.

Meanwhile cream the shortening and butter with granulated sugar and salt, using mixer speed #7. Add lukewarm paste, beat until fluffy. Fold in vanilla and nuts at #1 speed. Use 1/3 amount of the filling. To remainder, blend in 1 c. powdered sugar to make icing for the top and sides of the cake.

LEMON GLAZE

Frieda DeBow

1 c. powdered sugar (sifted)
1 lemon (juice and grated peel)

Beat powdered sugar with lemon juice and grated peel until smooth. Drizzle over a warm cake. Makes enough for a 9x13 inch cake.

The secret of patience is doing something else in the meanwhile!

PEANUT FROSTING

Frieda DeBow

3/4 c. brown sugar
1/3 c. peanut butter
3 T. milk
3 T. soft butter
2/3 c. salted peanuts (chopped)

Combine the ingredients, beating until smooth. Spread over warm cupcakes. **Broil** until a golden brown (1 to 2 minutes). Makes enough for 36 cupcakes.

ANGEL FOOD FROSTING

Mrs. O. R. Olson

1 (No. 2) can crushed pineapple
1 pkg. instant vanilla pudding mix

Mix together. Add 1 pt. whipped cream and spread on the cake when serving. This amount will cover an angel food cake when cut into slices and served.

THANKSGIVING

Turkey, potatoes and pumpkin pie,
Bread and gravy for you and I.
Come all around and feast, my friends,
For the food supply never ends.
Join with me in dance and song,
Take your time, we'll be here long.
Eat all you can and have no fear,
Thanksgiving only comes once a year!

By Anne Silva

ADDITIONAL RECIPES

• • • • •

CANDIES - COOKIES - BARS

CANDY

ENGLISH TOFFEE

Mary Perez

1 c. ground almonds
1 c. almonds (halved)
1 lb. butter
2 c. milk chocolate (grated)
2 c. sugar

Melt the butter in a heavy skillet. Add the sugar, stir until dissolved. Add 1 c. halved almonds and 1/2 c. ground almonds. Cook until golden brown and pour onto buttered tins. Sprinkle grated chocolate over it and sprinkle remaining ground almonds. Cool and cut.

MY GRANDMA'S FUDGE

Carole Otterstad

2 c. granulated sugar
1 c. condensed milk
1 1/2 or 2 sq. unsweetened chocolate
1/4 cube butter
Pinch of cream of tartar
Vanilla flavoring

In a saucepan put the first 3 ingredients and cook to the soft ball stage. Then take right away from the flame and put on your lap. Beat until it has a dull look. Then put in a bit of vanilla flavoring and butter and cream of tartar. Pour into a well buttered cake dish. Cut soon after pouring.

MILLION DOLLAR FUDGE

Grace Ahlquist

1 (12 oz.) pkg. semi-sweet chocolate
1 (12 oz.) pkg. sweet chocolate
4 1/4 c. granulated sugar
1 (13 1/2 oz.) can evaporated milk
1 (8 oz.) jar marshmallow whip
2 1/2 c. walnuts (chopped)
2 T. butter
1/4 tsp. salt

First mix the milk, sugar, butter and salt in a saucepan. Bring to a boil and stir continuously for 7 minutes. Then pour the boiling mixture over the remaining ingredients which you have already in a mixing bowl. Beat until nice and creamy and pour into a buttered pan.

A man's real character is what he is, alone with himself in the dark.

NEVER FAIL FUDGE

Ida Edwards

2 c. sugar
3/4 c. canned milk
1 cube butter
10 large marshmallows
1 pkg. chocolate chips
1 tsp. vanilla

Combine sugar and canned milk in a large saucepan. Cook for exactly 6 minutes. Add the butter and marshmallows. Finally, add 1 pkg. chocolate chips and vanilla. Stir until dissolved and add 1 c. nuts. Pour into a buttered pan.

EASY DIVINITY

Grace Olson

3/4 c. white Karo
3/4 c. water
2 egg whites
3 c. sugar
1 c. nuts (chopped)
1/2 c. coconut
1 pkg. flavored Jello

Grease the pan. Put sugar, Karo and water in the pan and cook to boil. Reduce heat, cook to the hard ball stage or 252°.

MEANTIME, beat egg whites until they fluff. Add the Jello and beat until they hold a peak. Pour the syrup into the egg whites and beat constantly until the candy holds shape and loses gloss. Stir in the nuts and coconut. Pour into pan. Divinity cuts easier if the knife is dipped into hot water. Makes 5 dozen pieces.

PENUCHI CANDY

Grace Olson

1 c. white sugar
1 c. brown sugar
1 c. cream
1 c. butter or oleo
1 tsp. vanilla
1/2 c. nuts

Place the sugar, milk and butter in a saucepan. Cook until it forms a soft ball in cold water. When cool beat until firm and creamy. Knead well and add the vanilla and nuts.

POTATO CANDY

Amy Sturak

2 to 3 potatoes (diced)
2 T. butter
1 tsp. vanilla
1 c. coconut (finely chopped)
1 box powdered sugar

Cook the potatoes in slightly salted water until well done. Drain, beat until all the lumps are gone. While beating add the butter. Cool and add vanilla and coconut. (Coconut can be fresh or canned.) Add the powdered sugar until mixture is thick.

Continued on next page.

POTATO CANDY (Continued).

Turn out onto a board or cloth heavily covered with powdered sugar. Knead more sugar into the mixture until it is smooth and will hold its shape..... Place in plastic bag and allow to age for a few days in a cool place or refrigerator. Form candy into shapes such as half potatoes. Dust with cinnamon. They will form a crust but inside will be creamy. Can also be used for stuffing dates.

Roll dates in powdered sugar and wrap in waxed paper which has been covered with powdered sugar. Spread fondant with peanut butter and roll like a jelly roll. Refrigerate and cut into slices as desired. Wrap each cut slice in small candy wrappers or in squares of waxed paper.

CHOCOLATE COATING:

Choose crisp dry weather for dipping. Work in a room where the temperature is 60 to 70° and where there are no drafts.

Grate about 1 lb. chocolate, sweet, butter, bittersweet or milk. Melt very slowly in the top of a 1 1/2 qt. double boiler over - not in - hot water. Stir the chocolate until it's temperature reaches 130°. If you do not stir constantly at temperatures over 100° the cocoa butter will separate out.

Remove from heat and cool to about 88°. Heat water to 90° in the bottom of the double boiler. Place chocolate in the upper part of the boiler.

Before dipping into chocolate be sure candy centers or fillings are at room temperature. Immerse centers 1 at a time in the chocolate -- maintaining its temperature. Lift them out with a fork or candy dipping fork onto a 1/2 inch rack, above a pan or tray to catch the chocolate drippings which may be remelted to reuse.

There is always a surplus on dipping fork; this is lifted directly over candy to make designs which identify the various fillings.

FUDGE — Vera Potts

4 1/2 c. sugar — 1/4 c. butter
1 (14 oz.) can evaporated milk — 1 tsp. vanilla

Place in a heavy pan and bring to a boil. Boil exactly 5 minutes. Then add:

3 small pkgs. chocolate bits — 1 c. nutmeats
1 pt. marshmallow creme — Vanilla
1 large Hershey bar

Mix well and pour into or on buttered pans.

RED CROSS FUDGE

4 1/2 c. sugar
1/2 lb. butter
1 (14 1/2 oz.) can evaporated milk
2 c. miniature marshmallows
1 (12 oz.) pkg. chocolate bits
2 c. nuts

Mix together the sugar, butter and milk. Melt, then bring to a rolling boil and cook at medium heat for 11 minutes, stirring constantly. Add the marshmallows, chocolate bits and nuts. Mix well and pour into buttered pan. Makes about 5 lbs.

QUICK CARAMEL APPLES

1 lb. caramels
6 wooden sticks
2 T. water
6 medium apples
Walnuts (chopped)

Melt the caramels with water in a double boiler. When smooth stick a wooden skewer into each apple. Dip the apple into the syrup and turn until the apple is completely coated. Then dip the apple into the chopped nuts. Set on waxed paper and chill in the refrigerator until firm.

POP CORN BALLS

Margaret Heinichen

1 c. corn syrup
1/2 c. sugar
2 T. butter
1 tsp. cream of tartar

Combine and bring to a boil. Cook to the firm soft ball stage (when tested in cold water). Take from the fire and add 1/2 tsp soda. It will bubble up.

Pour over 4 qts. popped corn and mix well. Form into balls by dipping hands into cold water. Popcorn will not stick to the hands. Makes 3 dozen balls.

SWEDISH NUTS

Ginger Berg

1 1/2 c. blanched almonds
2 c. walnut halves
1 c. sugar
Dash of salt
2 egg whites (stiffly beaten)
1/2 c. butter

Toast the almonds and walnuts in a slow (325°) oven till brown. Fold sugar and salt into egg whites. Beat until stiff peaks form. Fold nuts into meringue. Melt butter in a 15 1/2 x 10 1/2 x 1 inch pan and spread nut mixture over butter. Bake in a slow oven about 30 minutes, stirring every 10 minutes or until nuts are coated with a brown covering and no butter remains in the pan. Cool. Makes about 4 c.

SPICED NUTS

Thelma Shoberg

1 c. sugar
1/2 tsp. cinnamon
1/4 c. boiling water
1/8 tsp. cream of tartar
1 1/2 c. mixed nut meats (or use all walnuts)
1/2 tsp. vanilla

Mix the sugar, cinnamon, cream of tartar and boiling water. Boil to 246°. Add the nuts, and cool. Add vanilla and stir until the mixture sugars. Then turn out onto a flat surface and separate the nuts.

SCRAMBLE

Betty Linton

2 lbs. mixed salted nuts
1 (12 oz.) pkg. spoon size shredded wheat
1 (10 1/2 oz.) pkg. Cheerios
1 (6 oz.) pkg. Rice Chex
1 (7 oz.) pkg. small pretzel twists
1 (5 3/4 oz.) pkg. slim pretzel sticks
1 (4 1/2 oz.) can pretzel bits
2 c. salad oil
2 T. Worcestershire sauce
1 T. garlic salt
1 T. seasoned salt

Mix all the ingredients in a very large roaster pan. Bake in a very slow oven (250°) for 2 hours, stirring and turning the mixture with a wooden spoon every 15 minutes. Be careful not to crush the cereal.

COOKIES - BARS

STARLIGHT MINT SURPRISE COOKIES

3 c. flour (sifted)
1 tsp. soda
1/2 tsp. salt

Sift together. Then cream together:

1 c. butter (may use half Crisco)
1 c. sugar (add gradually)
1/2 c. brown sugar (firmly packed)

After creaming well, blend in:

2 eggs (unbeaten)
2 T. water
1 tsp. vanilla.

Beat well, add the dry ingredients and mix well. Cover and refrigerate at least 2 hours.

Continued on next page.

STARLIGHT MINT SURPRISE COOKIES (Continued).

Open 1 (9 oz. or more) solid chocolate mint candy wafers (not the type with white filling). Enclose each wafer in about 1 T. of the chilled dough. Place on a greased baking sheet about 2 inches apart. Top each with a walnut half and bake in a 375° moderate oven for 10 to 12 minutes.

CHOCOLATE BEAN CATCHERS

2 c. flour (sifted)
1/2 tsp. salt
1/2 tsp. soda

Sift together and cream 3/4 c. butter gradually. Add 1 c. sugar, creaming well. Blend in:

1 1/2 oz. unsweetened chocolate (1 1/2 sq. - melted)
1 tsp. vanilla
1 egg (unbeaten)

Beat well and add 1/2 c. milk alternately with the dry ingredients. Mix well. Stir in 1 1/4 c. dates (8 oz. pkg. - cut up) and 1/2 c. nuts (chopped). Drop by rounded tsp. onto a greased cookie sheet and bake at 350° for 10 to 12 minutes.

FROSTED FRUIT JUMBLES

4 c. flour (sifted)
1 tsp. salt
1 tsp. soda
1/2 tsp. mace
1/2 tsp. nutmeg

Sift together, then add:

2 c. mixed candied fruit
1/2 c. raisins
1/2 c. nuts (chopped)

Mix well. Cream together:

1 c. butter
3/4 c. brown sugar (firmly packed - gradually added)
1/2 c. sugar

After creaming well blend in:

2 eggs (unbeaten)
1 tsp. vanilla
1 tsp. lemon extract

Beat well, add half the flour-fruit mixture and mix well. Add 1/3 c. sour cream, blend in the remaining flour mixture and chill at least 2 hours.

Shape dough into balls using a rounded tsp, for each. Place on ungreased cookie sheets. Flatten to 1/4 inch thickness with the bottom of a glass dipped in sugar. Bake at 375° for 9 to 12 minutes until light golden brown. Frost warm with Lemon Glaze.

Continued on next page.

FROSTED FRUIT JUMBLES (Continued).

LEMON GLAZE:
2 T. butter
2 c. XXXX sugar
1 tsp. lemon extract

Combine and add 2 to 3 T. milk until of a spreading consistency.

Excellent Holiday cookie. Recipe can be doubled or tripled easily. Keep well and freeze beautifully.

DATE JEWEL DROPS

Cut 1 c. dried apricots into small pieces and cover with boiling water. Let stand 5 minutes and drain well. Set aside. Sift together:
2 1/3 c. flour (sifted)
1/2 tsp. soda
1 tsp. salt

Cream 3/4 c. butter and gradually add 1 1/2 c. firmly packed brown sugar. Cream well. Add:
2 eggs (unbeaten)
1 tsp. vanilla

Beat well, then blend in the dry ingredients gradually. Add 1 (6 1/2 oz.) pkg. dates (1 c.) cut into pieces, and the apricots. Drop by rounded tsp. onto greased baking sheets. Bake in a moderate 375° oven for 10 to 12 minutes. Makes 4 1/2 dozen cookies.

SNOW BALLS — Sarah Davis

1 lb. butter
4 1/2 c. flour
2 c. nuts (chopped)
1 c. XXXX sugar
1/2 tsp. baking powder
1 tsp. black walnut flavoring (may substitute any other you like)
1/4 tsp. salt

Mix well and roll into small balls, about the size of medium walnuts. Bake at 350° for 10 to 12 minutes until light brown. Roll in powdered sugar while still warm.

HONEY COOKIES — Anne Silva

1 c. butter
1 egg
1/2 c. sugar
4 tsp. clover honey
2 1/2 c. flour (sifted)

Cream the butter, sugar and honey together. Add the eggs, beat well. Add flour slowly and mix to a smooth dough. Chill in the refrigerator for 2 hours. Roll out onto waxed paper about 1/2 inch thick and cut with a cookie cutter. Bake at 300° on a greased cookie sheet for 10 to 12 minutes.

When some people quit a job they leave no vacancy behind them to fill.

ORANGE COOKIES

3/4 c. shortening (half Crisco - half margarine)
1 1/2 c. brown sugar (firmly packed)

Cream together, then add 2 eggs (beaten). Sift together:

3 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt

Mix together 1/2 c. buttermilk and 1 tsp. soda until foamy. Add alternately with the flour to shortening-egg mixture. Add:

1 tsp. vanilla
3/4 c. nuts (chopped)
1 tsp. orange rind (grated)

Drop by tsp. onto greased cookie sheet and bake at 375° for 10 to 12 minutes. Remove from the pan and cool slightly. Dip into a glaze made as follows.

GLAZE:

1/2 c. orange juice
3 tsp. orange rind (grated)
1 1/4 c. sugar

Keep stirring the glaze while dipping the cookies. Turn the cookies in the glaze quickly with a fork. Drain on a cake rack until the glaze is set. Yields approximately 4 dozen cookies.

PEANUT BLOSSOMS

Eleanor Ohslund

1 3/4 c. flour (sifted)
1 tsp. baking soda
1/2 tsp. salt
1/2 c. sugar
1/2 c. brown sugar
Hershey's chocolate kisses
1/2 c. margarine
1/2 c. peanut butter
1 egg (unbeaten)
2 T. milk
1 tsp. vanilla

Sift and measure flour. Sift together flour, soda and salt. Cream together the margarine and peanut butter. Add sugars, gradually and cream well. Add the egg, milk and vanilla. Mix well.

Blend in the dry ingredients thoroughly. Shape by rounded tsp. into balls and roll in sugar. Place on an ungreased baking sheet. Bake at 375° for 8 minutes. Remove from the oven, press a chocolate candy kiss in the center of each so the cookie cracks around the edge. Return to the oven and bake 2 to 5 minutes longer. Yields 50 to 60 cookies.

There aren't enough crutches in the world for all the lame excuses.

FRUIT DROPS

Eleanor Ohslund

3 c. raisins
Mix and let stand 1 hour.
1 1/2 c. flour (sifted)
1 1/2 tsp. baking soda
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 lb. citron
1/2 c. bourbon or orange juice
1/2 lb. red candied cherries
1/2 lb. green candied cherries (or use all red - cut in half)
1/4 c. soft butter
1/2 c. brown sugar
2 eggs (well beaten)
3 c. pecans (broken in half)

Cream the butter, add brown sugar and mix well. Mix in the eggs. Sift together other dry ingredients and add. Stir in the raisins with liquid. Add candied fruit and nuts. Drop onto a greased baking sheet and bake at 325° for 15 minutes. Cool and store in an air tight container. Good keepers. Yields 6 to 8 dozen.

TREASURE BARS

Elsie Dauber

2 c. flour (sifted)
2 eggs
1/2 c. margarine
1 tsp. vanilla
3/4 c. milk
1 c. maraschino cherry halves (well drained)
1 c. salted mixed nuts (broken into pieces)
1 1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. brown sugar (packed)
1/2 c. granulated sugar
1 c. semi-sweet chocolate chips

Sift together the flour, baking powder and salt. Combine the sugars and butter, creaming thoroughly. Blend in the eggs 1 at a time. Beat well after each addition. Stir in the vanilla and beat until fluffy. Add the dry ingredients alternately with the milk to the creamed mixture. Beat well after each addition. Stir in the cherries, nuts and chocolate pieces. Turn batter into 2 greased and floured 9 inch square pans. Bake in a preheated 325° oven for 25 to 35 minutes. Frost with brown butter frosting while still warm. Cool and cut into bars with a sharp knife.

BROWN BUTTER FROSTING FOR TREASURE BARS:

1/4 c. butter (1/2 cube)
2 c. powdered sugar (sifted)
1/2 tsp. vanilla
2 T. milk

Melt the butter on medium heat until a deep brown. Remove from heat and blend in sugar and vanilla. Add the milk and beat until smooth.

BUTTERSCOTCH MERINGUE SQUARES

Mildred Van Ecken

1/2 c. shortening
1 c. sugar
2 eggs (well beaten)
1 tsp. vanilla
1 1/2 c. cake flour (sifted)
1/2 tsp. salt
1 tsp. baking powder

MERINGUE:
2 egg whites
1 c. brown sugar
1/2 c. nuts (chopped)

Cream the shortening and sugar, beating until fluffy and creamy. Add eggs, vanilla and then flour, salt and baking powder sifted together. Mix well and spread in a greased shallow pan about 9x13x2 inches.

To prepare meringue beat the egg whites until stiff, then add the brown sugar and continue to beat until stiff peaks form, fold in the nuts. Spread over mixture in the pan and bake at 350° for about 30 minutes. Remove from the oven and cut into 2 inch squares.

LONDON SMOG BARS (Nanaimo Bars)

Amy Weege

1/2 c. butter
1/4 c. sugar
1 egg
4 T. cocoa
2 c. graham wafer crumbs
1 c. coconut
1/2 c. nuts (chopped)
1/4 c. butter
3 T. milk
2 T. vanilla custard powder
2 c. icing sugar (sifted)
4 sq. semi-sweet chocolate

Mix the 1/2 c. butter, sugar, egg and cocoa. Set over boiling water and stir until the mixture resembles a custard. Combine the crumbs, coconut and nuts. Combine with custard mixture, blending well. Spread and press tightly into a 9x9 inch pan.

Cream the 1/4 c. butter, milk, custard powder and icing sugar. Spread over the mixture in the pan. Melt the chocolate over hot water, add butter and blend well. Spread over the icing and let set.

DIABETIC APPLESAUCE COOKIES

Grace Olson

1/2 c. butter
1 tsp. vanilla
1/2 tsp. nutmeg
1/4 tsp. cloves
1 T. Sweet-10
1/2 tsp. cinnamon
1/4 tsp. salt

Mix well. Add 1 beaten egg. Sift 1 3/4 c. flour with 1 tsp. soda. Add alternately with 1 c. dietetic or unsweetened applesauce. Last, fold in 1 c. oatmeal and 1/3 c. chopped raisins. Drop by tsp. onto greased cookie sheet and bake at 375° for 15 to 20 minutes.

JAVANESE COOKIES

Gen Lee

1/2 lb. butter or margarine
3/4 c. granulated sugar
2 c. flour
4 oz. coconut
Pinch of salt

Cream together margarine and sugar. Add remaining ingredients and form into rolls and refrigerate. Slice and bake for about 30 minutes in a 300° oven.

HELLO DOLLY COOKIES

1/2 c. butter
1 1/4 c. graham cracker crumbs
1 can flaked coconut
1 (16 oz.) pkg. chocolate bits
1 (16 oz.) pkg. butterscotch bits
1 can Eagle Brand condensed milk

Melt the butter in a 9x13 inch pan. Stir the graham cracker crumbs into the butter and pat over the bottom of the pan. Sprinkle the coconut on top, then top with chocolate and butterscotch bits. Drizzle the condensed milk over the ingredients and bake for 30 minutes at 300° or for 25 minutes at 350°.

GINGER COOKIES

Betty Linton

3/4 c. shortening
1 c. sugar
1 egg
4 T. molasses
2 c. flour
2 tsp. soda
1 tsp. cinnamon
1 tsp. ginger
1/2 tsp. cloves
1/4 tsp. salt

Put the dough in the refrigerator 2 to 3 hours or over night. Make into balls the size of walnuts. Cover bottom of a glass with a damp cloth, dip in sugar and press out dough.

PEANUT BUTTER PIN WHEELS

1/2 c. cold mashed potatoes (no milk or seasonings)
1/8 tsp. salt
Approximately 4 c. confectioners' sugar
1/2 tsp. vanilla
1 c. peanut butter

Combine mashed potatoes, salt and enough sifted confectioners' sugar to make easily handled fondant; beat well. Add vanilla. Turn half the mixture onto board that has been lightly dusted with confectioners' sugar and roll into rectangle 1/4 inch thick.

Continued on next page.

PEANUT BUTTER PIN WHEELS (Continued).

Spread with 1/2 c. peanut butter. Roll up from the short side, jelly roll fashion. Repeat with the rest of the fondant. Refrigerate until firm and slice 1/4 inch thick. Makes about 4 dozen.

Margaret Gerard

PEPPARKAKOR

1 c. butter
2 eggs
6 T. water
1 tsp. cloves
2 c. sugar
1/2 c. molasses
2 tsp. soda
1 tsp. cinnamon
6 c. flour

Roll out very thin and cut, using small cutters. Sprinkle with coarse white sugar and bake only until lightly browned (8 minutes) in a 350° oven. These cookies are a traditional Christmas cookie in our family. My grandmother brought this recipe from Sweden over 75 years ago.

Adelaide Miner

DATE AND NUT BARS

2 eggs (beaten)
3 full T. flour
1 pinch of salt
1 c. dates (chopped)
3/4 c. sugar
1 tsp. baking powder
1 c. walnuts (chopped)
1 tsp. vanilla

Combine and spread in a pan. Bake in a moderate oven for 20 to 25 minutes.

Carol Edwards

DATE BARS

1/2 lb. dates (chopped)
2 egg yolks
1 cube margarine
3/4 c. sugar

Combine and cook slowly in a frying pan for 10 minutes. Add:

1 tsp. vanilla
2 c. Rice Krispies
1 c. nuts

Roll into balls while still warm and dip into shredded coconut or powdered sugar.

Just think how happy you would be if you lost everything you have right now -- and then found it again.

MOLASSES COOKIES

Mrs. Ida Mickelson

1/3 c. shortening
1 egg
1 1/2 c. flour
1/4 tsp. cloves
1/4 tsp. cinnamon
1/2 c. brown sugar
2 T. molasses
1/3 tsp. salt
1 tsp. soda

Form into balls the size of a walnut. Flatten with the bottom of a glass which has been dipped into granulated sugar. Grease cookie tins and bake at 325°. Makes about 40 cookies.

CHEWEY COOKIES

Vi Wagner

4 eggs (beaten)
1 lb. brown sugar

Mix in a double boiler and cook 5 minutes, stirring constantly. Add 1 1/2 tsp. vanilla. Sift and add the following ingredients:

1 1/2 c. flour
1/2 tsp. salt
2 tsp. baking powder
1 c. nuts (chopped)

Stir together and pour into a greased 9x12 inch pan. Bake at 325° for about 30 minutes.

SHOESTRING COOKIES

Ida Edwards

1 small pkg. caramel chips
1 (4 oz.) can shoestring potatoes
1 pkg. chocolate chips
1/2 c. nuts

Melt the chips in a double boiler. Add the shoestring potatoes and nuts. Coat well and drop onto waxed paper.

WALNUT STICKS

Vi Wagner

(Almost like candy -- rich and nutty.)

1/2 c. butter
1 c. flour (sifted)

Mix together and put into an 8 inch square pan. Bake in a 350° preheated oven for 20 minutes. Combine:

1 1/2 c. brown sugar (packed)
1 c. coconut
1/4 tsp. baking powder
Pinch of salt
1 c. walnuts (chopped)
2 T. flour (sifted)
2 eggs

Spread on the baked crust. Reduce the heat and bake at 325° for 20 to 25 minutes. Cool and frost witn Tangy Icing. Cut into sticks. Makes 2 1/2 to 3 dozen.

Continued on next page.

WALNUT STICKS (Continued).

TANGY ICING:
1 1/2 c. confectioners' sugar
1 tsp. lemon juice
1 T. butter (melted)
2 T. orange or lemon juice

Combine ingredients and spread on the cookies. To keep the cookies fresh and crisp, place crumpled tissue paper in the bottom of the jar.

Eunice Huntington

MARSHMALLOW ROLL BAR

30 marshmallows
1/2 c. milk
24 graham crackers (rolled)
1 c. whipping cream
1/2 c. sugar
1/2 c. butter
1 small can crushed pineapple (drained)

Mix the marshmallows in milk. Make crust with the graham crackers, sugar and melted butter. Put into pan, reserving some of the crumb mixture for the top.

Whip the craam, mix in the crushed pineapple and marshmallows. Pour into crust, sprinkle reserved topping on the filling and refrigerate 8 hours.

Jessie Macbeth

DREAM BARS

1 c. flour
1/2 c. angel flake coconut
1/2 c. butter or margarine

Cut butter into flour. Add the coconut and pat into the bottom of a 9x11 or 9x9 inch pan. Bake at 325° for 15 minutes.

1 1/2 c. brown sugar
1 c. nuts (chopped)
2 T. flour
1/2 tsp. baking powder
1/2 tsp. salt
2 eggs (well beaten)
1 tsp. vanilla

Combine all ingredients. Beat well. Spread on the first mixture and bake 25 minutes.

When cool, ice with:
1 1/2 c. powdered sugar
1 tsp. vanilla
2 T. butter (melted)
Milk enough to make spreadable.

Happiness is like jam - you can't spread even a little without getting a little on yourself!

ORANGE CARROT COOKIES

Elizabeth Fiss

1 c. carrots (cooked - mashed - and cooled)
1 c. white sugar
1/2 tsp. salt
Rind of 1 orange (grated)
2 c. flour
3/4 c. shortening
1 egg
1/2 tsp. lemon extract
1/2 tsp. vanilla extract
2 tsp. baking powder

Cream the sugar and shortening. Add egg and carrots. Mix thoroughly. Mix the dry ingredients and add. Drop by tsp. onto a cookie sheet and bake at 350° for 10 to 12 minutes. Frost while warm with:

1 1/2 c. powdered sugar
1 T. butter
1 tsp. salt
Rind of 1 orange (grated)
Orange juice (to spread)

EGG YOLK COOKIES

1 c. butter or margarine
6 egg yolks
1 tsp. baking soda
1 tsp. vanilla
1 1/2 c. sugar
2 1/2 c. all purpose flour
1 tsp. cream of tartar
1/2 tsp. lemon flavor

Cream the sugar and butter. Add the beaten yolks. Combine the sifted dry ingredients and add to the mixture. Add the flavorings and drop by tsp. onto a baking sheet. Flatten with a glass bottom slightly oiled and dipped into sugar. Bake at 375° for about 8 to 10 minutes. Yields about 7 1/2 dozen cookies. Freeze well.

WAIKIKI FUDGE FINGERS

1 c. heavy cream
1 c. white sugar
1 T. butter
1 tsp. vanilla
1/2 c. macadamia nuts (slivered)
1/2 c. brown sugar
1/2 c. crushed pineapple (drained)
1 tsp. ginger
1/2 c. shredded coconut

Blend the brown sugar, white sugar, crushed pineapple and cream. Cook over medium flame, stirring constantly, until mixture forms soft ball when tested in cold water. Remove from fire, add butter, ginger, macadamia nuts, coconut and vanilla. Let stand 15 minutes, then beat until creamy. Pour into buttered pan and cut into narrow 2 inch strips while still warm.

HEALTH FOOD COOKIES

1/2 c. butter or margarine
1 c. brown sugar (firmly packed)
1/4 c. water
1 egg
1 tsp. vanilla
1 c. whole wheat flour (unsifted)
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
2 T. wheat germ
1 c. regular oatmeal
1/2 c. nuts (chopped)
1/2 c. raisins (chopped)
1/2 c. dried apricots (chopped)

Blend the butter with the sugar until smooth. Add egg, water, and vanilla. Beat well. Combine flour, baking soda, baking powder and salt. Add to the creamed mixture. Stir in wheat germ, oatmeal, nuts, raisins and apricots. Mix until thoroughly blended and drop by tsp. onto lightly greased cookie sheets. Bake at 350° for 8 to 10 minutes. Makes 4 dozen cookies.

APPLE JELLY COOKIES

1 c. sugar
1/2 c. shortening (melted)
1 egg (beaten)
1/2 c. milk
3 1/2 c. flour
2 tsp. cream of tartar
1 tsp. baking soda
1 tsp. vanilla

Sift and mix the dry ingredients. Gradually stir in the shortening, beat egg, milk and finally vanilla. Roll out thin and cut with a round cookie cutter. Put approximately 1 T. firm apple jelly in the center of a cookie and cover with another, crimping the edges together. Grease cookie sheet and bake at 400° for 12 minutes.

RASPBERRY MERINGUE BARS

1/2 c. shortening
1/2 c. confectioners' sugar

Mix together thoroughly and stir in:

1 c. flour (sifted)
2 egg yolks

Press into an ungreased 9x13 inch pan and bake at 350° for 10 minutes. Cool slightly, then spread with raspberry preserves or jelly. Place topping over jelly and bake for 25 minutes more until the topping is golden brown. Cool and cut into bars.

TOPPING:

Beat 2 egg whites until stiff. Beat in 1/2 c. sugar gradually. Fold in 1 c. ground pecans, walnuts or filberts.

Borrow trouble for yourself, if that's your nature --
But don't lend it to your neighbors.

PEANUT BRITTLE COOKIE BARS

1 c. flour (sifted)
1/4 tsp. soda
1/2 tsp. cinnamon

Sift together. Cream 1/2 c. butter or margarine; add gradually 1/2 c. firmly packed brown sugar. Cream well and blend in 2 T. beaten egg and 1 tsp. vanilla. Beat well -- reserve the remaining egg. Add 1/2 c. peanuts (finely chopped) and the dry ingredients. Mix thoroughly.

Spread or pat the dough on a greased baking sheet to a 10x14 inch rectangle. Brush with the remaining 1 T. egg. Sprinkle with 1/2 c. salted peanuts or other nuts. Bake in a slow (325°) oven for 20 to 25 minutes. Do not overbake. Cut or break into 24 pieces while warm.

ONE BOWL BROWNIES

Lou Marks

1/3 c. butter or margarine
2 oz. unsweetened chocolate

Place in a saucepan and cook over low heat, stirring constantly until butter and chocolate melt. Remove from heat and cool. Beat in 2 eggs (1 at a time) until well blended. Add:

1 c. sugar
1 tsp. vanilla
1 T. corn syrup

Mix well, meanwhile, sift together:

3/4 c. flour
1/2 tsp. salt
1/2 tsp. baking powder

Add sifted ingredients to the chocolate mixture and beat until well blended. Coarsely chop 2/3 c. walnuts and stir into the batter.

Grease an 8 inch square pan and line with waxed paper. Turn the batter into the pan and spread evenly. Bake at 350° for 30 minutes. Cut into 2 inch squares.

THUMBPRINT COOKIES

1/4 c. butter or margarine (softened)
1/4 c. shortening
1/4 c. brown sugar (packed)
1 egg (separated)
1/2 tsp. vanilla
1 c. flour
1/4 tsp. salt
3/4 c. nuts (finely chopped)
Jelly

Continued on next page.

THUMBPRINT COOKIES (Continued).

Heat the oven to 350°. Mix thoroughly the butter, shortening, sugar, egg yolk and vanilla. Work in the flour and salt until the dough holds together. Shape dough by tsp. into 1 inch balls. Beat egg white slightly. Dip each dough ball into egg white and roll in nuts. Place 1 inch apart on an ungreased baking sheet. Press thumb deeply into the center of each and bake about 10 minutes or until light brown. Immediately remove from the baking sheet and cool.

Fill the thumbprint with jelly. Makes about 3 dozen.

CHOCOLATE THUMBPRINT COOKIES:

Substitute 1/2 c. granulated sugar for 1/4 c. brown sugar; add 1 oz. melted unsweetened chocolate (cooled) with vanilla.

ITALIAN FRUIT COOKIES

1/2 c. oleo
2 c. sugar

Cream together, then blend in:

1 1/2 tsp. anise extract (oil)
6 eggs

Then add:

3 tsp. baking powder
5 c. flour (unsifted)
1/2 tsp. salt

Mix to make a stiff dough. Fold in:

3 1/2 oz. whole almonds (about 1/2 c.)
8 oz. whole candied cherries (about 1 1/3 c.)

Chill 1 hour. Divide the dough into 4 parts and make a long roll. Place on a lightly greased baking sheet (2 loaves to a sheet). Bake at 375° for 25 to 30 minutes until lightly brown. Remove from the oven and let cool 15 minutes (longer is better.) Cut into diagonal slices 1/2 thick thick (thinner is best). Lay close on a cookie sheet and bake at 375° for 5 minutes till toasted - thicker slices 16 to 18 minutes. Oil of anise is available in drug stores. This is better than extract. At Christmas time use green and red cherries.

Character is made by what you stand for --

Reputation by what you fall for!

BUTTERSCOTCH OATIES

Irene Wright

1 (6 oz.) pkg. butterscotch morsels
3/4 c. butter or margarine
2 T. boiling water
1 tsp. baking soda
2 c. rolled oats (old fashioned)
1 c. flour
3/4 c. sugar

Combine butterscotch morsels and butter. Melt over boiling water. Remove from heat and mix water with baking soda and add to the butterscotch mixture. Gradually blend in the remaining ingredients.

Drop by slightly rounded tsp. onto ungreased baking sheets. Makes about 5 dozen cookies. Let the cookies stand 1 minute on the sheet before removing.

Note: Do not let mixture stand any length of time or else it will become crumbly and difficult to put on sheets. Do not use margarine with corn oil.

BANANA SPICE COOKIES

Elsie Silva

1/2 c. shortening
1 c. brown sugar (packed)
2 eggs
1 c. banana (about 2 - mashed)
2 c. flour
2 tsp. baking powder
1/4 tsp. soda
1/4 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. cloves
1/2 c. nuts (chopped)
Lemon butter icing

Mix the shortening, sugar, eggs and banana. Stir in the remaining ingredients. Cover and chill about 1 hour. Heat the oven to 375°. Drop the dough by rounded tsp. about 2 inches apart onto a lightly greased baking sheet. Bake 8 to 10 minutes, then cool. Frost with Lemon Butter Icing. Makes about 3 1/2 dozen cookies.

LEMON BUTTER ICING:

1/3 c. soft butter or margarine
3 c. confectioners' sugar
About 2 T. lemon juice
1/2 tsp. lemon peel (grated)

Blend butter and sugar. Stir in lemon juice and peel. Beat until smooth and of spreading consistency.

Hint: If you have very ripe bananas and are not ready to bake - mash them, pile into margarine containers and cover. Freeze until ready to use. Thaw and bake as usual, the unusual color will disappear and the results will be the same as with fresh bananas.

The secret of life is not to do what one likes - but to try to like what one has to do.

CHOCOLATE CRUNCH COOKIES

Eva Machado

1 c. shortening
3/4 c. granulated sugar
3/4 c. dark brown sugar
2 eggs (beaten)
2 1/4 c. all purpose flour (sifted)
1 tsp. salt
1 tsp. baking soda
1 tsp. hot water
1 tsp. vanilla
1 c. nuts (chopped)
2 (7 oz.) pkgs. chocolate chips

Work the shortening with a spoon until fluffy and creamy. Add sugars gradually while continuing to work with a spoon until light. Add beaten eggs and beat well. Sift the flour and salt together. Add to the first mixture alternately with the soda which has been dissolved in the hot water. Add the vanilla and fold in nuts and chocolate. Drop from tsp. onto greased cookie sheet and bake in a moderate oven (375°) for 10 to 12 minutes. Yields about 5 dozen cookies.

CHOCOLATE SCOTCHEROOS

Rusty Raygor

1 c. sugar
1 c. light corn syrup
1 c. peanut butter
6 c. Kellogg's Rice Krispies
1 (6 oz.) pkg. Nestle's semi-sweet chocolate morsels (1 c.)
1 (6 oz.) pkg. Nestle's butterscotch morsels (1 c.)

Combine the sugar and syrup in a 3 qt. saucepan. Cook over moderate heat, stirring frequently until the mixture bubbles. Remove from the heat, stir in peanut butter and mix well. Add the Rice Krispies and stir until well blended. Press mixture into a buttered 9x13 inch pan.

Melt chocolate and butterscotch morsels together over hot, but not boiling water, stirring until well blended. Remove from the heat, spread evenly over Rice Krispies mixture and cool until firm. Keep in the refrigerator in warm weather. Cut into bars.

GRAHAM CRACKER BARS

Frieda DeBow

2 c. graham cracker crumbs
1/2 c. butter or margarine (melted)
3 T. brown sugar or 1/3 c. honey
1 can Eagle Brand milk
1 (8 oz.) pkg. flaked coconut
1 c. chocolate chips
1/2 c. peanut butter (chunk style is best)

Mix the first 3 ingredients and pat into a 9x12 inch pan. Bake 10 minutes at 350°. Mix the milk and coconut. Spread on graham cracker crust and bake 10 minutes. Cool and frost with peanut butter added to melted chocolate chips. Cool and cut into squares.

CRISPY PEANUT BUTTER COOKIES

Frieda DeBow

1 c. margarine
1 c. creamy or chunk style peanut butter
1 c. sugar
1 c. brown sugar (firmly packed)
2 eggs (beaten)
1 tsp. vanilla
1 1/2 c. flour (sifted)
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt (I use 1/2 tsp.)

Stir together the margarine, peanut butter and sugars until blended. Beat in the eggs and vanilla. Sift together the flour, baking powder, baking soda and salt over the sugar mixture. Stir until well blended. If necessary, chill the dough until it can be handled easily. Shape into 1 inch balls. Place about 2 inches apart on greased baking sheet. Flatten with a floured bottom of a glass or with floured fork, making cross wise pattern. Bake in a 350° oven for 12 to 15 minutes, or until lightly browned. Makes 6 dozen (2 inch) cookies.

WALNUT TARTS

Nancy Lee Meyerdirk

PASTRY:

1 c. soft margarine
6 oz. soft cream cheese
2 c. flour (sifted)

FILLING:

3 eggs
2 c. brown sugar
Dash of salt
3 T. margarine (melted)
1 1/2 tsp. vanilla
1 1/2 c. walnuts or pecans

Blend the first 3 ingredients together for crust. Shape into 30 to 36 balls and press into greased muffin tins or make smaller balls and place in "Sandbakkelse tins".

Mix filling ingredients together well and fill in shells. Bake at 350° for 30 minutes. Remove carefully from the tins. These may be frozen for later use.

NUT AND DATE BARS

Addie Miner

2 eggs (beaten)
1/4 c. sugar
3 full T. flour
Pinch of salt
1 c. walnuts (chopped)
1 c. dates (chopped)
1 tsp. vanilla

Combine in the order given and add the vanilla. Spread in a greased pan and bake in a moderate oven for 20 to 25 minutes.

Addie Miner

BUTTERSCOTCH BROWNIES

1/2 c. butter
2 c. brown sugar
2 eggs
2 tsp. vanilla
1 c. all purpose flour
2 tsp. baking powder
1 tsp. salt
1 c. nuts (chopped)

Melt the butter in a saucepan and stir into it until dissolved the brown sugar. Cool slightly. Beat in well the eggs, vanilla, flour, baking powder and salt. Stir these ingredients into the butter mixture; then add the chopped nuts.

Bake in a moderate (350°) oven for about 30 minutes. Cut into squares.

HONEY APPLE COOKIES

1/2 c. shortening
3/4 c. sugar
1/2 c. honey
2 eggs
1/4 c. dairy sour cream
2 c. flour
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. powdered cloves
1/2 tsp. nutmeg
1 1/2 c. apples (finely chopped)

Cream the shortening and sugar. Beat in the honey. Add the eggs 1 at a time, beating well after each addition. Stir in the sour cream. Mix and sift the flour, baking soda, salt and spices. Stir in and blend well. Stir in the apples. Drop by tsp. 3 inches apart on a greased baking sheet. Bake at 350° for about 15 minutes or until edges are brown. Makes about 5 dozen.

LEMON-NUT REFRIGERATOR COOKIES

1 c. shortening (may be part butter or margarine)
1/2 c. granulated sugar
1/2 c. brown sugar (well packed)
1 egg
1 T. lemon peel (grated)
2 T. lemon juice
2 c. flour
1/4 tsp. salt
1/4 tsp. soda
1 c. walnuts (finely chopped)

Cream together thoroughly the shortening, granulated sugar and brown sugar. Add the egg, lemon peel and lemon juice. Beat until fluffy. Sift the flour, measure and sift with salt and soda, gradually blending it into the first mixture. Stir in chopped walnuts. Divide dough into 3 parts and shape into rolls each about 1 1/2 inch in diameter. If you plan to freeze them, over wrap in foil or clear plastic wrap. Cut in 1/4 inch thick slices, bake on an ungreased cookie sheet in a hot (400°) oven for 8 to 10 minutes or until lightly brown. Makes 5 to 6 dozen.

APRICOT JAM COOKIES

Shirley Titlow

1 c. sugar
1/2 c. shortening
1 egg (beaten)
1 c. apricot jam
1 tsp. baking soda
2 c. flour
1/4 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 c. raisins
1 c. whole pecans

Mix together sugar, shortening, egg, jam and soda. Stir in flour that has been sifted with the salt and spices. Add the raisins and pecans. Bake at 350° for about 15 minutes on a well greased cookie sheet. Let set 5 minutes before removing from the pan.

CHOCOLATE CHIP BLONDE BROWNIES

Shirley Titlow

1 c. flour (sifted)
1/2 tsp. baking powder
1/8 tsp. baking soda
1/2 tsp. salt
1/2 c. nuts (chopped)
1/3 c. butter
1 c. brown sugar (firmly packed)
1 egg (slightly beaten)
1 tsp. vanilla
1/2 c. chocolate chips

Sift together the flour, baking powder, soda, salt and mix together with nuts. Set aside.

In a saucepan melt the butter. Remove from heat and add the brown sugar. Mix well. Cool and add egg and vanilla. Blend, then add flour mixture, a small amount at a time, mixing well after each addition.

Spread in a greased 9x9x2 inch pan, sprinkle chocolate chips over the top and bake at 350° for 20 to 25 minutes. Do not overbake. Makes 2 dozen (2 1/4 x 1 1/2 inch) bars.

MRS. DEWEY'S OATMEAL COOKIES

Carole Otterstad

1 c. butter or margarine
1 c. brown sugar (packed)
1 c. granulated sugar
2 eggs
1 tsp. vanilla
1 1/2 c. flour
1 tsp. salt
1 tsp. baking soda
3 c. oats

Preheat the oven to 350°. Cream the butter and add ingredients in the order given. Mix well and drop into small amounts on an ungreased cookie sheet. Bake in a 350° oven for 10 to 15 minutes or until ready.

The quiet man is not necessarily wise, but usually the wiser man is quiet.

WHEATGERM BROWNIES

Dorothy Hansen

1 c. whole wheat pastry flour (unsifted)
1/2 c. wheat germ
1 tsp. baking powder
1/2 tsp. salt
1 1/4 c. brown sugar (firmly packed)
1/3 c. soft margarine
2 eggs
1 tsp. vanilla
1/2 tsp. maple flavoring
1/2 c. nuts (chopped)

Measure the dry ingredients onto waxed paper. Stir well to blend. Cream sugar, margarine, eggs and flavorings thoroughly. Add blended dry ingredients to the creamed mixture. Mix well. Stir in the nuts and spread in well greased 8 inch square pan. Bake at 350° for 30 minutes. Cool.

PINEAPPLE KISSES

Ann Rossell

2 T. margarine (partially hardened)
1 c. brown sugar (packed)
1/2 c. crushed pineapple (well drained)
3/4 to 1 c. powdered milk
4 T. wheat germ (optional)
4 T. nuts (optional)

Boil the margarine, sugar, pineapple slowly for 2 minutes. Cool thoroughly. Add powdered milk to give firm, creamy consistency. (Add wheat germ and nuts before adding milk if used.) Beat until smooth and drop from tsp. onto buttered waxed paper. Chill 1 hour or until easily handled.

COCONUT CHEWS

Ann Rossell

2/3 c. sweetened condensed milk
2 tsp. vanilla
1/8 tsp. salt
1/4 c. powdered milk
1/4 c. wheat germ
1 1/2 c. shredded coconut

Stir until thoroughly blended and add coconut. Mix well and drop from tsp. onto baking sheet lined with aluminum foil or greased paper. Bake in a moderate (325°) oven for 12 to 15 minutes. Remove from foil after cooling -- from paper, while hot.

Some people are making such thorough preparations for a rainy day they aren't enjoying today's sunshine!

PEANUT BLOSSOMS

Nancy Lee Meyerdirk

3 1/2 c. flour
2 tsp. soda
1 tsp. salt
1 c. butter
1 c. peanut butter
1 c. sugar
1 c. brown sugar
2 eggs
2 tsp. vanilla
Chocolate candy kisses (for each cookie)

Sift together the first 3 ingredients. Cream well the butter, peanut butter, sugar and brown sugar, then add 2 eggs and vanilla to the creamed mixture. Blend in the dry ingredients and mix well. Shape the dough into balls, about 1 tsp. dough for each one. Roll the balls in sugar and place on ungreased cookie sheet.

Bake at 375° for 8 minutes. Remove from the oven and place a solid milk chocolate candy kiss on each cookie. Press down and return to the oven for 3 to 5 minutes. Makes 5 to 6 dozen.

SESAME FLUFFS

Ann Rossell

4 egg whites
1 c. brown sugar or 2/3 c. honey
1 c. raw sesame seeds
1 c. raw wheat germ
1 tsp. pure vanilla

Beat the egg whites until stiff, add remaining ingredients and drop by spoonfuls onto buttered cookie sheet. Bake at 250° for 20 to 30 minutes.

SUNFLOWER CHEWS

Ann Rossell

1/4 c. polyunsaturated oil
1 c. brown sugar (well packed)
1 egg
1 tsp. vanilla
1/2c. sunflower seeds (shelled)
1 c. flour (1/2 soy - 1/2 whole wheat pastry)
1/4 tsp. salt
1 tsp. baking powder

Beat the oil, sugar and egg thoroughly. Add flavoring and seeds, mix well and add the sifted dry ingredients. Distribute dough (thinly) in an oiled and floured pan (8x8 inch). Bake at 350° for about 20 minutes. Cool and cut into squares.

MERINGUE KISSES

2 egg whites
1 tsp. vanilla
1/4 tsp. cream of tartar
1/4 tsp. salt
3/4 c. sugar

Continued on next page.

MERINGUE KISSES (Continued).

Beat the egg whites with vanilla, cream of tartar and salt until soft peaks form. Gradually add the sugar and beat until very stiff. Turn meringue into pastry bag with plain or fluted tip. Place the kisses about 1 1/2 inch in diameter onto foil covered baking sheet. Bake in 250° oven for 35 to 40 minutes until lightly browned. Yields approximately 3 dozen kisses.

CHOCOLATE MERINGUE:
Fold 1/2 square unsweetened chocolate (grated) into meringue mix.

PECAN MERINGUE KISSES:
Lightly press a pecan half into each meringue kiss before baking. If you have no pastry bag, drop mixture by spoon.

HEAVENLY HASH

8 oz. bitter chocolate
4 oz. dark sweet chocolate
1 small (5 oz.) pkg. miniature marshmallows
1 c. pecans (chopped)
1 c. candied cherries (chopped)

Melt the 2 chocolates together over hot, not boiling, water. Combine the other ingredients in a mixing bowl. Pour the hot, melted chocolate over the marshmallow mixture and blend. Pour all together into a buttered 8x8 inch pan. Cool, then cut into squares as desired. Makes about 5 dozen (1 inch) pieces.

Ida Edwards

SCOTCH TREATS

1 can chow mein noodles
2 bags butterscotch tidbits
1/2 c. crunchy peanut butter
1 lb. mixed salted nuts

Melt the tidbits and peanut butter in a double boiler. Add the noodles and nuts. Stir and mix well. Drop from spoon onto waxed paper. Refrigerate to cool quickly.

Grace Olson

PEANUT BUTTER COOKIES

1 c. brown sugar
1 c. margarine
Cream together, then add:
1 c. peanut butter
2 eggs
1 c. white sugar
1 tsp. vanilla

Continued on next page.

PEANUT BUTTER COOKIES (Continued).

Sift together:
3 c. flour
1 tsp. soda
1 tsp. cream of tartar

Mix in the order given, roll into balls or drop and flatten with a fork. Bake in a 350° oven for 10 to 12 minutes.

PINEAPPLE KISSES — Ann Rossell

2 T. margarine (partially hardened)
1 c. brown sugar (packed)
1/2 c. crushed pineapple (drained)
3/4 to 1 c. powdered milk

Boil margarine, sugar and pineapple slowly for 2 minutes. Cool thoroughly and add powdered milk to give firm creamy consistency. Beat until smooth and drop from tsp. onto buttered waxed paper. Chill 1 hour or until easily handled.
Variation: Add 4 T. wheat germ and 4 T. chopped nuts before adding the powdered milk.

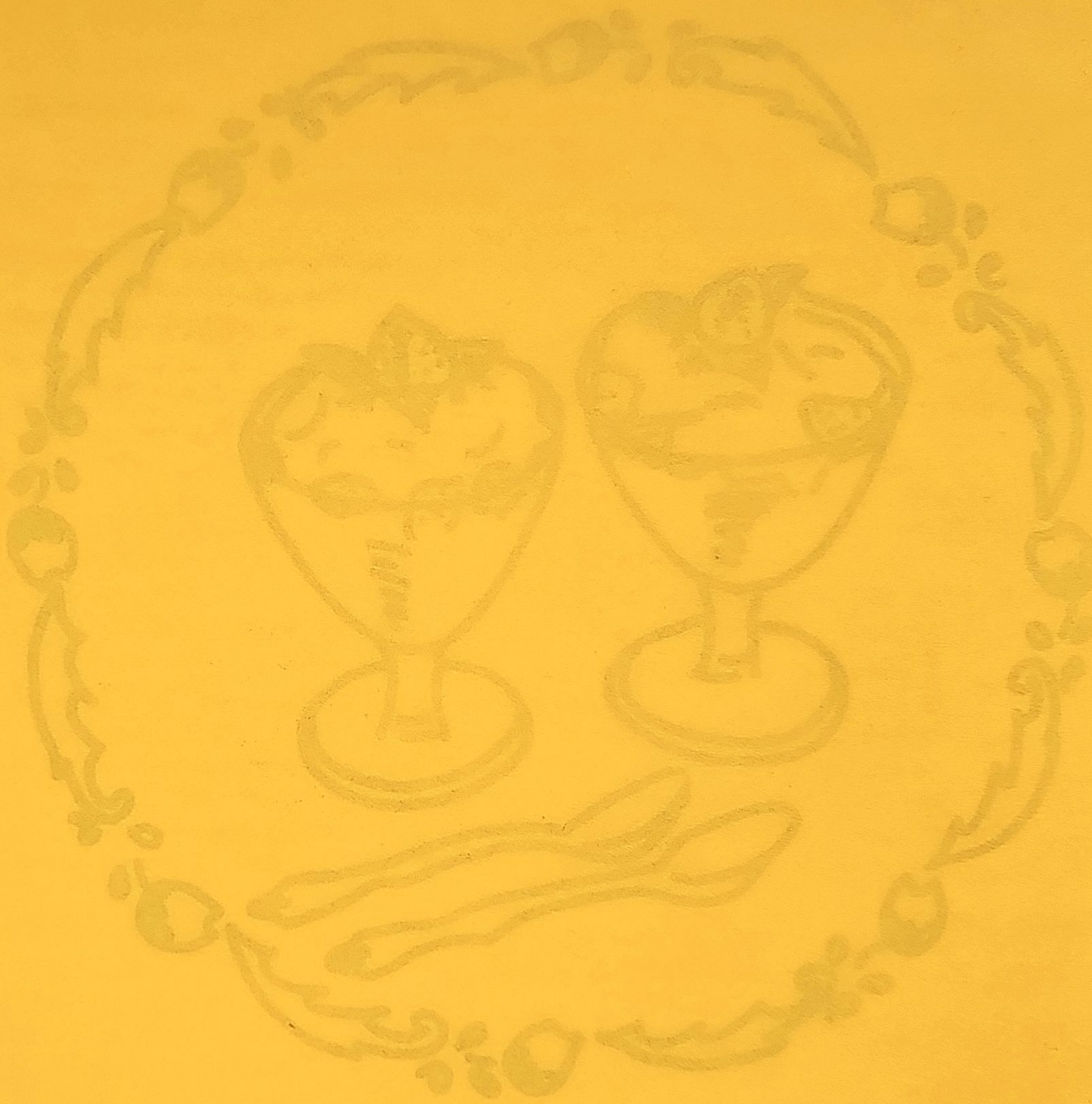
FOREVER WEDDING CAKE

1 rounded cup of true love
1 heaping cup of perfect trust and confidence
Pinch of unselfishness
Sparkle of interest in all that he does
Mix all ingredients with a pint of sympathy
Flavor with a bright fireside and a loving kiss
Bake well all your life!

* * * * *

ADDITIONAL RECIPES

DESSERTS



DESSERTS

PORTUGUESE SWEET RICE

Elsie Silva

1 3/4 c. milk
1/2 c. sugar
1 stick cinnamon or 1/2 vanilla bean (split) or both
About 6 pieces lemon peel (yellow part only - each about 1/2 x 2 inch)
1/8 tsp. salt
1/2 c. short or long grain white rice (cooked until tender - rinsed and drained)
3 egg yolks (beaten)
1 T. butter
Ground cinnamon

Combine in a saucepan milk, sugar, cinnamon stick and/or vanilla bean, lemon peel and salt. Bring to a boil and add the rice. Gradually beat a little of the hot milk into the egg yolks, then gradually beat egg mixture into the rice. Cook over low heat, stirring just until mixture thickens slightly. Do not let it boil. Add the butter and stir to melt. Pour into a shallow serving platter or small serving dishes. Sprinkle with cinnamon. Allow to cool.

DATE SQUARES

Elsie Silva

1 2/3 c. flour
1 c. sugar
1 tsp. baking soda
1/2 tsp. salt
1 c. water
1/4 c. shortening
1 egg
1 tsp. vanilla
1 c. dates (chopped)

Put all the ingredients into a large mixer bowl. Beat 1/2 minute on low speed, scraping the bowl constantly. Beat 3 minutes at high speed. Scrape the bowl occasionally. Pour into a greased and floured pan (9x13x2 inch). Bake until cake tester comes out clean (about 25 minutes). Cool, spread with date-nut topping and serve with sweetened whipped cream.

DATE-NUT TOPPING:

1 c. dates (chopped)
1/2 c. sugar
2/3 c. orange juice

Combine and heat to boiling. Reduce heat and simmer until slightly thickened, about 15 minutes. Stir in 1/2 c. walnuts.

You cannot do a kindness too soon because you never know when it will be too late.

FRUIT COBBLER

1 (1 lb. 13 oz.) can fruit and juice or 3 c. fresh fruit (sweetened) and 3/4 c. water
1 T. cornstarch dissolved in 2 T. cold water

Heat the oven to 400° and heat fruit and liquid. Blend in the cornstarch mixture. Boil 1 minute. Pour into a 2 qt. baking dish. Dot with butter and sprinkle with cinnamon or nutmeg. Drop pieces of short pie dough over the fruit. Bake about 20 minutes. Serve with light cream.

SHORT PIE DOUGH:

2 c. biscuit mix
1/2 c. butter
6 T. boiling water

Place mix and butter in a bowl. Add boiling water and stir vigorously with a fork until the dough forms a ball and cleans the bowl. Break off pieces of dough, pat flat, put over cobbler.

Use any fruit such as apricots, peaches or berries.

CUSTARD-LIKE BREAD PUDDING

3 c. milk or 1 1/2 c. evaporated milk and 1 1/2 c. water
2 T. butter or margarine
3 slices bread
2 eggs
1/2 c. sugar
1/4 tsp. salt
1/4 tsp. nutmeg
1 tsp. vanilla
1/2 c. raisins

Scald milk and butter in the top of a double boiler over boiling water. Cut the bread into 1/2 inch cubes. Add to milk. Cover and remove from the heat. Beat the eggs until frothy; add sugar and salt. Stir hot milk and bread into egg mixture. Add the nutmeg, vanilla and raisins, mixing well.

Pour into a 1 1/2 qt. casserole or baking dish. Place in a pan of hot water and bake in a moderate (350°) oven about 1 hour or until a knife inserted in the center comes out clean.

CREAMY SMOOTH CUSTARD

4 eggs
1/2 c. sugar
1/2 tsp. salt
1 c. water
1 2/3 c. undiluted evaporated milk (large can)
1 tsp. vanilla

Beat the eggs, sugar and salt together. Add water, milk and vanilla. Beat until well mixed. Pour into 8 custard cups or 2 qt. casserole, sprinkle with nutmeg if desired. Place in a pan about 2 1/2 inches deep.

Continued on next page.

CREAMY SMOOTH CUSTARD (Continued).

Pour hot water around the cups to 1 inch deep. Bake in a moderate (350°) oven for 40 to 45 minutes or until a knife inserted in the center of the custard comes out clean. Remove from water and cool.

LEMON CAKE DESSERT

Lou Marks

1 pkg. lemon Jello
1 1/2 c. sugar
3 c. biscuit mix
4 eggs
3/4 c . salad oil
3/4 c. water

TOPPING:

1 1/2 c. XXXX sugar (sifted)
1/2 c. lemon juice

In a large bowl put the first 6 ingredients and beat on low speed until well mixed. Then beat at medium speed for 5 minutes. Pour into greased and floured 9x13 inch pan and bake at 350° for 35 to 40 minutes.

Combine the XXXX sugar and lemon juice. Cool cake about 5 minutes. Poke holes all over the cake with a skewer. Pour lemon mixture evenly over the top and cool. Serve plain or with ice cream or whipped cream. Will freeze well.

JELLO PARTY PUDDING

Grace Olson

1 pkg. lemon pudding
2 egg whites
1/4 c. sugar

Make lemon pie filling as directed on the package, decreasing sugar to 1/3 c. Fold in 2 egg whites and 1/4 c. sugar. Chill sherbet glasses - serve plain or with whipped cream.

BLUEBERRY DESSERT

Ida Edwards

CRUST:

20 graham crackers (crushed)
1/2 c. butter or margarine (melted)
1/2 c . powdered sugar

Mix together and press into a 9x9 inch pan.

SECOND LAYER:

1 (8 oz.) pkg. Philadelphia cream cheese
1/2 c. sugar
2 eggs
1 tsp. vanilla

Mix until light and creamy. Pour on crust and bake at 350° for 15 to 20 minutes. Let cool.

Continued on next page.

BLUEBERRY DESSERT (Continued).

Pour 1 can blueberry pie mix over and refrigerate for several hours. You may top with whipped cream when serving.

Grace Olson

FRENCH CHERRY DESSERT

Beat 3 egg whites. Gradually add 1 c. sugar and continue beating. Mix and add:

20 small soda crackers (crushed)
1 tsp. vanilla
1 tsp. vinegar
1 tsp. baking powder
1/2 c. nuts (chopped)

Spread mix in a 9x12 inch buttered baking dish. Bake at 325° for 20 minutes, then cool.

Prepare 1 env. Dream Whip according to the directions, except omit the vanilla. To this add:

1/2 c. powdered sugar
1 1/2 tsp. vanilla
1 (8 oz.) pkg. Philadelphia cream cheese

(Mix all together using your mixer, then spread on top of the baked crust.) Lastly, pour over the top 1 can cherry pie mix or use strawberry or blueberry. Chill 2 hours.

DELUXE DESSERT

Shirley Titlow

1 c. dates (cut up)
1 tsp. baking soda
1 c. water

Mix and let this stand.

1 c. sugar
1/2 c. shortening
1 egg

Cream sugar and shortening, add egg and mix well. Add to the date mixture. Add:

1 3/4 c. flour
2 tsp. cocoa (sifted)
1 tsp. vanilla

Pour in a flat (9x12x2 inch) pan and cover with the topping.

TOPPING:

1 c. brown sugar
1 c. chocolate chips
1/2 c. nuts (chopped)

Bake 35 minutes at 350°.

"Sustain me with raisins, refresh me with apples; for I am sick with love."

Song of Solomon 2:5

TROPICAL FREEZE

2/3 c. fresh orange juice
1/4 c. fresh lemon juice
1/4 c. pineapple juice
1 tsp. orange peel (grated)
1 c. sugar

Stir together in a small bowl. Whip 1 c. all purpose cream until very stiff, but still smooth. Fold the sweetened juices into the whipped cream. Pour the mixture into a freezer tray and place in the freezing compartment.

When semi-solid (check in 30 to 45 minutes), stir mixture with a fork until well blended. Return to freezing compartment. Place aluminum foil over the top of the tray to prevent condensation dropping in mixture and to prevent formation of ice crystals on top of the mixture. Yields 5 to 6 servings.

CHOCOLATE MOUSSE

1 (6 oz.) pkg. semi-sweet chocolate bits
1/4 c. water
1/2 c. brown sugar (firmly packed)
4 eggs (separated)
1 tsp. vanilla

Combine the chocolate, water and sugar in the top of a double boiler. Heat over simmering water until the chocolate is melted. Beat till smooth. Cool.

Beat the egg yolks with vanilla; stir into chocolate mixture. Beat egg whites till stiff. Fold chocolate mixture into egg whites. Spoon into individual serving dishes. Chill 3 hours.

Serve topped with Brown Sugar Cream sprinkled with almonds. Makes 6 servings (1/2 c. each)

BROWN SUGAR CREAM:

Whip 1 c. whipping cream with 2 T. brown sugar until stiff.

YORKSHIRE PUDDING (Original from London, England)

1 1/2 pts. milk
6 large T. flour
3 eggs
1 saltspoon salt

Put the flour into a basin with the salt and beat gradually into this enough milk to make a stiff batter. When perfectly smooth, add the remainder of the milk and the eggs, well beaten.

Beat the mixture for a few minutes, add a tsp. or 2 of cold water and pour all into a shallow tin in which there is some boiling fat. Put into the oven and bake for about an hour.

Madaline Dorsey

ALASKAN PEPPERMINT DELIGHT

1/2 c. peppermint stick candy (crushed)
1/2 c. walnuts (chopped)
1/2 c. whipping cream
1/2 c. Dream Whip
1 dozen marshmallows (quartered)
A few drops rum flavoring (optional)
1 c. vanilla wafer crumbs

Press half the crumbs in the bottom of a lightly buttered pan. Pour on candy mixture and top with the rest of the crumbs. Set 12 to 24 hours in the refrigerator. May be frozen. Serves about 8.

QUIK STRAWBERRY SQUARES

1/2 c. sugar
1/2 c. shortening
1 egg
1 tsp. vanilla
1 1/2 c. flour (sifted)
1/2 tsp. baking powder
3/4 c. strawberry preserves
1/2 tsp. salt

Blend the shortening, sugar, egg and vanilla. Combine the salt, flour and baking powder. Add to shortening mixture and mix well.

Spread half the dough in a greased and floured 8 inch pan. Spread with preserves. Pat or roll remaining dough on an 8 inch square of waxed paper. Place dough over preserves, peel off the paper and bake at 400° for 25 to 30 minutes. Cool, dust with confectioners' sugar and cut into squares.

BERROCA

1 (1 lb.) pkg. frozen whole strawberries (thawed)
1/4 c. Minute tapioca
1/8 tsp. salt
1/2 c. sugar
1 T. lemon juice
1/2 c. sweetened whipped cream or Dream Whip dessert topping

Drain the strawberries; measuring juice. Add water to juice to make 2 1/2 c. Combine the tapioca, salt, sugar and juice in a saucepan. Let stand 5 minutes. Bring to a boil over medium heat stirring occasionally. Remove from the heat and stir in strawberries and lemon juice. Chill.

Serve topped with cream or Dream Whip. Makes 6 servings.

Let not the mind be like concrete: all mixed up
and permanently set.

PEAR CRUNCH — Gen Lee

2 c. fresh pears (sliced)
1 tsp. lemon juice
1/2 c. sugar
1/2 c. graham cracker crumbs
1/2 c. almonds (chopped)
1 tsp. ginger
2 T. butter

Spread sliced pears in a pie pan. Drizzle with lemon juice. Combine the sugar, crumbs, almonds and ginger. Sprinkle over the pears. Dot with butter and bake at 350° for 30 minutes. Serve warm with cream to pour or ice cream.

SPICY CRUNCHY FRESH PEAR PUDDING — Geh Lee

4 pears
3/4 c. oatmeal
3/4 c. brown sugar
1/2 c. flour
1/2 tsp. cinnamon
1/2 tsp. mace or nutmeg
1/4 tsp. salt
1/2 c. margarine
2 T. nuts (chopped)

Peel and slice pears. Arrange in a greased 8 inch pan. Combine oatmeal, sugar, flour, spices, salt and cut in the margarine. Stir in nuts. Sprinkle mixture over the pears. Bake at 350° for 35 minutes. Serve warm with plain cream, whipped cream, ice cream or sour cream.

STOVE-TOP BREAD PUDDING — Rusty Raygor

(Great for camping.)
1 tsp. butter
5 slices bread
3 eggs
1/3 c. sugar
1/8 tsp. salt
2 c. milk (warmed)
1 tsp. vanilla
1/4 c. raisins

Melt butter in skillet. Tear bread into rough pieces and space over the bottom of a warm skillet. Beat the eggs and stir in the next 4 ingredients. Sprinkle raisins over the bread in the skillet; pour egg mixture evenly over all. Set on burner turned low and cover with double thickness of heavy-duty aluminum foil, pinched air tight around the skillet's edges.

Cook slowly about 20 minutes. Remove foil; if custard is set, pudding is done. Remove from fire and allow to cool in the skillet. Cut into squares or wedges to serve.

Never throw mud - even if you miss the mark you will still have dirty hands!

APPLE MAZUREK

Florence S. Zeglarski

1 c. butter or margarine
3 c. flour (unbleached)
1 c. sugar
2 egg yolks
3 T. sour cream
1 tsp. vanilla
1/2 tsp. salt
6 apples (pared - sliced)
1/2 tsp. cinnamon
1 c. sugar (white or brown)

Sift the flour, sugar and salt. With a knife cut butter into flour mixture until crumbly. Add egg yolks, vanilla and sour cream. Mix thoroughly. Spread on buttered cookie sheet.

Cover with apples mixed with sugar and cinnamon. Bake at 350° for 30 minutes.

RASPBERRY DESSERT

Vi Matson

1 (6 oz.) box raspberry Jello
2 c. hot water
2 c. applesauce
1 pkg. frozen raspberries (1 pt. or 12 oz.)
Dream Whip

Put in a 9x13 inch pan and let set. Top with the Dream Whip.

DELICIOUS DESSERT

Vi Matson

1 box vanilla wafers (crushed)
3 eggs (separated)
1/2 c. butter (1 stick)
2 sq. chocolate
2 c. powdered sugar
Nuts (about 1/3 c. - chopped)
2 qts. vanilla ice cream

Put half the crushed wafers in the bottom of a 9x13 inch pan. Cook egg yolks, butter and chocolate. Add the powdered sugar. Remove from the stove and add beaten egg whites. (Nuts may be put on top of the crumb bottom -- optional.)

Put chocolate mixture on top of the crumbs, then the vanilla ice cream. Cover with the other half of the crumbs and freeze.

BASIC SPONGE ROLL

Ollie Otterstad

4 medium eggs (separated)
2/3 c. cake flour (sifted)
1 tsp. baking powder
1/4 tsp. salt
3/4 c. granulated sugar
1 tsp. vanilla
1 c. red jelly (if for jelly roll)
Confectioners' sugar

Preheat the oven to 375°. Grease the bottom of an 11x15 inch sheet cake pan. Cover the bottom only with wax paper. Grease the wax paper lightly. Sift together the flour, baking powder and salt. Set aside.

Continued on next page.

BASIC SPONGE ROLL (Continued).

Beat the egg whites at high speed in a large bowl until stiff, but not dry. Gradually add 1/2 c. granulated sugar as you continue to beat. Beat until sugar is well blended. In a smaller bowl beat the egg yolks at high speed; add the remaining 1/4 c. sugar and the vanilla. Fold the egg yolk mixture and flour mixture into beaten egg whites; mixing only till blended with a wooden spoon.

Pour batter into prepared pan; bake 10 to 12 minutes or until cake springs back when pressed in the center. Loosen edges of the cake with a sharp knife, and turn out on a dish cloth that has been sprinkled with powdered sugar. If sponge cake has a crust, trim off with a sharp knife, peel off wax paper, then roll up in dish towel starting from short side.

Cool on wire rack and when completely cooled, unroll gently, fill with jelly that has been beaten with a fork. Reroll, place on serving plate with the seam side down and sprinkle with additional powdered sugar.

Variations:

Fill the roll with 1/2 carton whipped dessert whip and drained, sliced strawberries. Chill before serving. Can be used for Christmas-this was with red candles for decor. Eliminate vanilla, use 1 tsp. lemon extract and 1 T. lemon rind instead. Fill with lemon filling which you have first cooled. Vanilla pudding or any other filling may be used.

PEACH COBBLER — Gertrude O'Bannon

1 cube butter
1 1/2 c. flour
1 c. sugar
2 tsp. baking powder
3/4 c. milk
3 c. fruit
1/2 c. sugar

Melt the cube of butter in the bottom of a Pyrex cake pan. Mix together the flour, 1 c. sugar, baking powder and milk. Place in the bottom of the dish. Place fruit and 1/2 c. sugar over the batter and bake at 350° for 45 to 50 minutes.

It isn't your position that makes you happy or unhappy; it's your disposition!

PUMPKIN COTTAGE PUDDING

1/3 c. soft shortening
1/2 c. sugar
2 eggs
1 c. canned pumpkin
1/2 c. light molasses
1 T. orange peel (grated)
1 2/3 c. flour (sifted)
1 tsp. salt
1 tsp. baking soda
1/2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1/4 tsp. ginger
1/3 c. orange juice
1/2 c. walnuts (chopped)

Cream the shortening and sugar. Beat in eggs 1 at a time. Stir in the pumpkin, molasses and orange peel. Mix and sift the flour, salt, baking soda, baking powder and spices. Blend into the pumpkin mixture alternately with orange juice. Stir in the walnuts.

Bake in greased and wax paper lined 9 inch square pan at 350° for 30 to 35 minutes.

Soften 2 (3 oz.) pkgs. cream cheese and blend in 2 T. milk. Beat until smooth and fluffy. Cut the warm cake into squares, top with the cream cheese. Serve Orange Sauce separately. Makes 9 servings.

ORANGE SAUCE:

1 T. cornstarch
1/2 c. sugar
1/4 tsp. salt
1/4 tsp. cinnamon
2 tsp. orange peel (grated)
1 c. orange juice
2 T. butter or margarine

Combine the cornstarch, sugar, salt and cinnamon in a saucepan. Add the orange peel. Gradually stir in the orange juice. Cook over medium heat, stirring constantly until the mixture thickens and comes to a boil. Remove from the heat, stir in the butter. Makes 1 c.

PERSIMMON PUDDING

1 c. flour
1/2 tsp. soda
1/2 tsp. salt
3/4 c. sugar
1/2 c. raisins
1/2 c. nuts
1 c. fresh persimmon pulp
1/3 c. milk
1 tsp. vanilla

Mix well and bake at 325° for 50 minutes in an 8x12 inch pan. Serve with hard sauce or cream cheese mixed with a little milk and sugar.

What a grand world this would be if we could forget
our troubles as easily as we forget our blessings.

PUMPKIN PARFAIT SQUARES — Dorothy Saleebey

1 1/2 c. graham cracker crumbs
1/4 c. sugar
1/4 c. butter (melted)
1 1/2 c. canned pumpkin
1/2 c. brown sugar
1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. ginger
1/8 tsp. cloves
1 qt. slightly softened vanilla ice cream

Mix the graham cracker crumbs, sugar and butter. Press 3/4 of this into a 9 inch square pan. Save 1/4 for the topping.

Mix remaining ingredients and spread over crumb mixture. Sprinkle with the remaining 1/4 c. crumbs on top and cover. Freeze. Serve with whipped cream and chopped pecans. Serves 9.

"THE SEA"

A world created for everyone,
A place of time delight and fun
Waves crashing against the shore
A whispering voice forevermore
A place where time is never ending
An orange sunset slowly descending
A place where days are happy and free,
That's the place my beautiful sea!

Anne Sliva.

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ADDITIONAL RECIPES

MEATS - CASSEROLES - FISH

MEATS - CASSEROLES - FISH

BAKED LASAGNE

Elsie Silva

SAUCE:

2 T. oil (olive or salad)
1 1/2 lbs. ground beef
1/2 c. onion (minced)
1 clove garlic (finely chopped)
3 (6 oz.) cans tomato paste
3 c. water
2 tsp. salt
1/4 tsp. black pepper
3 bay leaves and/or sweet basil
1/2 tsp. oregano
2 T. parsley (chopped)

Brown the meat in the heated oil. Add tomato paste, diluted with water, onion, garlic, parsley, salt and pepper, bay leaves, basil and oregano. Cover and simmer 1 to 1 1/2 hours.

LASAGNE:

1 (12 oz.) pkg. lasagne noodles
1/2 c. Parmesan cheese (grated)
1 lb. Mozzarella or Jack cheese (sliced thin)
1 lb. Ricotta (use cottage cheese if Ricotta is unavailable)

Place the lasagne in salted, rapidly boiling water. Cook until almost tender (about 20 minutes). Hold over hot water in a strainer as you arrange ingredients in casserole.

In an oiled rectangular baking dish (at least 9x13x2 inch) arrange layers of meat sauce, lasagne, Mozzarella or Jack cheese, Ricotta (spread thinly), Parmesan cheese. Repeat once or twice, topping with meat sauce and Parmesan. Bake in a preheated 350° oven for 30 minutes or until Mozzarella melts. Let stand a few minutes before serving. Serve additional Parmesan cheese.

SCRAMBLED PENNIES

Anne Silva

1/2 lb. hot dogs (sliced crosswise 1/4 inch thick)
2 T. shortening
6 eggs
1/4 c. milk
1/2 tsp. salt
Dash of pepper
2 T. chives (chopped -- optional)

Cook the hot dogs in shortening until a light brown, stirring occasionally. Mix eggs and the other ingredients well. Drain hot dogs, return to heat and add egg mixture. Cook until eggs are set, but not dry.

SAVORY MEAT LOAF

1 (10 1/2 oz.) can tomato soup (Campbell's)
2 lbs. ground beef
1/2 c. packaged corn flake crumbs
1/2 c. onion (chopped)
1 clove garlic (minced)
2 T. parsley (chopped)
1 T. Worcestershire sauce
1 egg (slightly beaten)
1 tsp. salt
Dash of pepper

Combine all the ingredients; mix thoroughly and shape firmly into a loaf. Place in a shallow baking pan and bake at 350° for 1 1/4 hours.

SEA KING DINNER

1/2 c. butter
1/2 c. green pepper (chopped)
1/2 c. onion (chopped)
1/2 c. celery (chopped)
2/3 c. flour
1/2 tsp. garlic salt
1/2 tsp. salt
1/4 tsp. paprika
Dash of cayenne pepper
2 c. milk
1 (10 oz.) can frozen cream of shrimp soup

In a 2 qt. saucepan melt the butter, add the vegetables and saute' until tender. Stir in flour, seasonings and milk. Cook, stirring constantly, until thick. Stir in the shrimp soup and reheat.

In a 2 qt. casserole combine:

1 (7 3/4 oz.) can crab meat (drain and bone)
1 (4 1/2 oz.) can tiny shrimp (drained)
1 (5 oz.) can water chestnuts (drained and sliced)
1 (4 oz.) can mushroom stems and pieces (undrained)

Also add the white sauce mixture. Combine:

2 T. butter (melted)
1/2 c. cheese (shredded)
1/2 c. bread crumbs

Sprinkle this over the casserole and bake at 350° for 30 to 35 minutes or until golden brown.

One thing is for sure -- if you laugh at your troubles you will probably always have something to laugh about!

HUNGRY BOY'S CASSEROLE

1 1/2 lbs. ground beef
1 c. celery (sliced)
1/2 c. onion (chopped)
1/2 c. green pepper (chopped)
1 clove garlic (minced)
3/4 c. tomato paste (6 oz. can)
3/4 c. water
1 tsp. salt
1/2 tsp. Accent
1 tsp. paprika

In a large skillet saute the first 5 ingredients until the vegetables are tender. Drain.

Add remaining ingredients and mix well. Reserve 1 c. for the biscuits. Add to the skillet:

1 (1 lb.) can pork and beans (undrained)
1 (1 lb.) can chick peas or lima beans (undrained)

Simmer this while preparing the biscuits.

BISCUITS:

Sift together into a mixing bowl:

1 1/2 c. flour (sifted)
2 tsp. baking powder
1/2 tsp. salt

Cut in 1/4 c. butter until the particles are fine. Combine 1/2 c. milk and 4 drops of yellow food coloring. Add to the flour mixture and stir until the dough clings together. Knead on a floured surface 12 times. Roll out to a 9x12 inch rectangle.

Combine:

1/2 c. pimento stuffed olives (sliced)
1/4 c. almonds (blanched)
The reserved meat mixture

Spread over the dough and roll up, starting with 12 inch side. Seal the edge and cut into 1 inch pieces. Turn the meat mixture into an 8x12 or 9x13 inch baking dish or 11 inch casserole. Top with the biscuits. Bake at 425° for 25 to 30 minutes until a golden brown.

Note: 2 (1 lb.) cans undrained kidney beans may be substituted for the others.

QUICK CASSEROLE DINNER

1 1/2 lbs. lean ground beef
1/2 c. onion (chopped)
1/2 c. celery (chopped)
2 T. flour
2 (8 oz.) cans tomato sauce with mushrooms
1 tsp. salt
1/8 tsp. pepper
1/4 tsp. oregano
1 (10 oz.) pkg. frozen peas
1 pkg. refrigerator biscuits
1 c. Cheddar cheese (shredded)

Continued on next page.

QUICK CASSEROLE DINNER (Continued).

Brown the beef, onion and celery in a skillet. Drain the fat. Stir in the flour, tomato sauce, seasonings, peas and simmer 5 minutes. Pour into a shallow baking dish and top with biscuits and cheese. Bake at 350° for 20 minutes.

Elsie Silva

TUNA SURPRISE

2 (7 oz.) cans tuna (solid pack or chunk)
2 c. cheese crackers (crushed)
3 c. medium white sauce
3/4 c. ripe olives (sliced)

Butter a 1 1/2 qt. baking dish. Alternate layers of above, having broken tuna into pieces. Finish with sprinkling of cheese crackers and bake at 350° for 35 minutes. Serve hot.

BARBECUE SAUCE

2 T. brown sugar
1 T. paprika
1 tsp. salt
1 tsp. dry mustard
1/4 tsp. chili powder
1/8 tsp. cayenne pepper
2 T. Worcestershire sauce
1/4 c. vinegar
2 (8 oz.) cans tomato sauce

Mix the ingredients, simmer for 15 minutes. Slice leftover sirloin, rump, eye of round, etc. roast as thin as possible. Add to the sauce and simmer 10 to 15 minutes to combine the flavors and warm the meat through.

FAELARINES

1 (6 oz.) pkg. medium noodles
2 lbs. ground beef
2 onions (chopped)
2 cloves garlic (chopped)
1 green pepper (chopped)
3 T. salad oil
1 (1 lb. 13 oz.) can tomatoes (3 1/2 c.)
Salt and pepper to taste
1 (12 oz.) can whole kernel corn
1 (4 oz.) can mushrooms
1 c. ripe olives (pitted)
1/2 lb. Cheddar cheese (grated)

Cook the noodles in boiling, salted water until tender, then drain. Saute the meat, onions, garlic and green pepper together in the oil until the meat is nicely browned. Add the tomatoes, salt and pepper. Simmer for 10 minutes.

Continued on next page.

FAELARINES (Continued).

Combine noodles, meat mixture and remaining ingredients, saving a little of the cheese to sprinkle over the top. Turn into a greased casserole, sprinkle with cheese and bake in a 350° moderate oven for 1 hour. Can be prepared ahead of time and baked just before dinner. Nice company casserole.

KIMA

1 large onion (1 c. - chopped)
1 T. curry powder
3 T. butter or margarine
1 lb. ground beef
2 tomatoes (peel - dice)
1 (9 oz.) can peas
1 tsp. salt
1 tsp. paprika
1/2 tsp. chili powder
1/2 tsp. garlic salt
Brown butter rice

Sauté onion with curry powder lightly in butter or margarine in a large frying pan. Push to one side. Add the ground beef and cook and stir until well browned. Stir in the tomatoes, peas and liquid, seasonings. Cover and simmer 30 minutes to blend the flavors. Serve with Brown Butter rice.

BROWN BUTTER RICE:

Prepare 1 (7 oz.) pkg. precooked rice. Heat 4 T. butter or margarine slowly in a small frying pan, shaking pan often as the butter bubbles and turns a rich brown. Stir into the hot rice. Toss lightly with a fork to mix. Sprinkle with pepper.

SEA FOOD CASSEROLE — Lou Marks

1 c. butter
Salt and pepper
2 T. chili powder
4 T. flour
3 c. milk

Cook together to make a cream sauce. To the cream sauce add:

1 pkg. frozen peas (raw)
2 c. rice (cooked)
1 1/2 c. mayonnaise
1 dash Tabasco sauce
Onion (chopped)
1 (6 1/2 oz.) can crab
1 (6 1/2 oz.) can lobster

Mix well, put into casserole and top with grated cheese. Bake at 350° for 20 minutes.

Keep your words soft and sweet -- you never know
when you may have to eat them!

Barbara Preece

CHICKEN CASSEROLE

1 1/2 c. chicken (cooked - diced)
1 can cream of chicken soup
3/4 c. mayonnaise
1 c. celery (diced)
1 1/2 c. rice (cooked)
1 T. onion (grated)
Salt and pepper to taste

Mix all and put in a 2 qt. casserole. Sprinkle with:

1 c. corn flakes (mashed and buttered)
1/2 c. slivered almonds

(Crush the corn flakes, then pour 3 T. melted butter over them.)

Bake at 375° for 35 minutes.

Betty Linton

NORWEGIAN MEAT BALLS

1 lb. lean ground beef
1 lb. lean pork (ground)
1 small onion
2 eggs (beaten)
1 tsp. salt
1 tsp. cornstarch
1/4 tsp. allspice
Black pepper
1/4 c. evaporated milk
1/4 c. salad oil
3 T. flour
1 (10 1/2 oz.) can beef bouillon
1 c. water
1 c. burgundy
3 thin slices day old bread (crumbled)

Mix the meats, bread, onion, eggs, salt, cornstarch, allspice, pepper and milk lightly with a fork. Use a round bowl spoon to scoop up the meat, drop into oil heated in a frying pan and turn to brown. Remove the meat balls.

In the same pan make a sauce of the flour, bouillon, water and burgundy. Place the meatballs in this sauce, cover and simmer for 30 minutes. Chill over night in the refrigerator to set the flavors. Heat meatballs and serve on a bed of home made noodles. Serves 6 to 8.

Mrs. Walter Bussey

SWEET AND SOUR PORK

1 1/2 lbs. pork (sliced)
1 onion (sliced)
1 cucumber (sliced)
1 small can pineapple chunks
1 large bell pepper (cut into 1 inch pieces)
3/4 c. mushrooms (sliced)
3/4 c. sugar
1/4 c. soy sauce
3 T. cornstarch
1/3 c. vinegar
2/3 c. water

Continued on next page.

SWEET AND SOUR PORK (Continued).

Thoroughly cook the pork slices and set aside. Saute the onion, cucumber, pepper and mushrooms. Add to the pork, then add pineapple chunks.

Combine the sugar, soy sauce, cornstarch, vinegar and water to make a sauce. Cook over low heat until thickened. Add this sauce to the pork and vegetable mixture. Serve over steamed rice.

SWEET SOUR SHORT RIBS OF BEEF

Eleanor Ohslund

5 lbs. lean short ribs or boneless chuck roast (cut into serving pieces - not necessary to have 5 lbs.)
1/2 c. flour
Salt and pepper
2 c. onions (sliced -- or 2 onions sliced and broken into rings)
3/4 c. catsup
2 T. vinegar
4 T. soy sauce
1 or 2 T. Worcestershire sauce
3 T. sugar (or more if you like a sweeter sauce)
3/4 c. water

Roll the meat in seasoned flour. Place in a heavy casserole. Cover with onion rings. Mix the rest of the ingredients and pour over the meat. Cover and bake at 300° for 3 hours. Check at 2 1/2 hours for tenderness. Serve with rice or noodles. Even better warmed up!

CLAM CASSEROLE

Betty Schindler

1 (8 oz.) pkg. green noodles (1/4 inch wide)
1/2 lb. fresh mushroom slices
2 T. butter or margarine
2 T. onions (chopped)
2 (10 1/2 oz.) cans condensed cream of mushroom soup
2 (7 oz.) cans clams (minced - drained)
1 pt. dairy sour cream
2 tsp. Worcestershire sauce
2 tsp. curry powder
2 tsp. parsley (chopped)
1/2 c. white port wine
Pinch of oregano
Pinch of salt
3 oz. sharp Cheddar cheese (3/4 c - grated)

Cook the noodles in boiling salted water 15 minutes. Drain and rinse. Saute mushrooms and onions in butter. Combine all the ingredients except the noodles and cheese. Place half the noodles in a buttered casserole. Add all the clam mixture and top with remaining noodles. Bake at 350° for 45 minutes. Top with cheese and brown.

When you feel dog tired at night it may be because you growled all day.

EMPANADS

1/2 lb. ground beef
1 T. vegetable oil
1 small onion (chopped)
1 tsp. chili powder
1 can refried beans (about 1 lb.)
1 tsp. salt
1 (2 oz.) can deviled ham
1 egg (hard boiled - chopped)
1/4 c. olives (ripe - chopped)
1/4 c. pimiento (chopped)
2 1/2 pkg. pie crust mix
1 egg
2 T. cream

Brown the meat in oil in a large frying pan (must be crumbly). Push to 1 side and add the onion and chili powder. Saute' the onion until soft. Stir in beans and simmer 3 minutes. Remove from the fire. Stir in deviled ham, egg, olives and pimientos.

Prepare the pie crust mix following directions. Divide into thirds. Roll out a third at a time 1/8 inch thick. Cut into 4 inch rounds. Place about 1 T. meat filling on 1/2 of each round, fold other half over filling and press the edges together with a fork to seal. Cut small slits in the top to let the steam escape. Repeat with remaining dough.

Beat egg slightly with cream and brush the top of the pie. Bake in a hot (400°) oven for 18 minutes, until golden brown.

TURKEY STRATA

Lou Marks

8 slices white day old sandwich bread (trim off crusts)
Turkey (sliced -- for 8)
1 can water chestnuts (sliced)
2 c. cheese (grated)
Butter or margarine
4 eggs
3 c. milk
1 can chicken broth
2 eggs (hard cooked)

Butter a 9x13 inch pan. Trim bread and butter it. Lay the bread slices in a pan with buttered side down, layer the turkey, water chestnuts and grated cheese. Top with second slice of bread with buttered side up.

Beat the eggs and milk. Pour over sandwiches and let sit in the refrigerator at least 8 hours or over night. Bake at 300° for 1 hour. Serve with gravy made of chicken broth, dilute to taste, add the chopped hard cooked eggs.

You will find that the big potatoes are on top of the pile because there are a lot of little ones holding them up!

GOT LET CHICKEN

4 lbs. chicken wings
1 tsp. monosodium glutamate
1 T. salt
2 c. flour
1/4 tsp. pepper
1/2 c. cornstarch
1 egg (beaten)
2 c. water
1/4 c. salad oil
Red sweet and sour sauce

Cut off wing tips at first joint and save for broth. Cut wing at next joint and remove 2 thin middle bones, but leave meat from this section hanging onto remaining large bone. Pull this meat inside out over large end. With a sharp knife scrape and push all meat to end, forming a round of meat, like a drum stick. Do this to each wing. Salt and monosodium glutamate each wing.

Combine 1 c. flour, 1 tsp. salt and 1/4 tsp. pepper in a paper bag. Shake chicken in this bag.

In a bowl combine 1 c. flour, 1/2 c. cornstarch and 1 tsp. salt. In a smaller bowl beat egg lightly and add water and oil to it. Blend together in dry mixture bowl to make a batter. Dip the floured chicken into this batter and fry in oil heated to 400°. Drain on paper towel. Serve hot with reheated sweet and sour sauce.

SAUCE:

1/2 c. water
1/3 c. cherry juice or pineapple juice
3 T. catsup
1 c. sugar
1/2 tsp. salt
1 c. vinegar
1/2 tsp. red food coloring
1 1/2 T. cornstarch

Bring the water, juice and catsup to a boil. Add the sugar, salt, stirring and cook a minute or 2 until the sugar is dissolved. Add 3/4 c. vinegar and cook 1 minute longer. Blend remaining 1/4 c. vinegar and cornstarch into a paste. Stir cornstarch mixture into saucepan and add food coloring. Cook until thickened and clear.

ARROZ CON POLLO (Chicken with Rice) — Edith Buchaca

1 frying chicken (cut up)
1 large onion (chopped)
1/2 green pepper (cut in strips)
1 clove garlic (chopped)
1/2 tsp. azafran (saffron)
1 can pimientos
1 can petite peas

Brown the chicken, add onion, pepper and garlic. Cover with water and boil about 1/2 hour. Measure the liquid, generally 2 c. Add 1 c. washed rice and lower heat. Stir occasionally. Done in about 15 minutes. Serve with garnish of peas and pimiento after adding saffron (dilute saffron in a little water). Serves 3 generously.

MEAT-FISH-POULTRY COMBINATIONS (Hunter's Dish) Elizabeth F. Fiss

1 1/2 c. elbow spaghetti (cook and blanch)
1 large can whole kernel cor n
1 can white lima beans (drained)
1/4 to 1/2 lb. ham (cooked - diced or use any meat, fish or poultry)
1/4 lb. fried bacon (diced)
1 qt. tomatoes
1 tsp. sugar
1 can mushrooms
Salt and pepper to taste
1 tsp. celery salt or 2 stalks celery
2 T. flour
1 large onion (chopped)

Combine all the ingredients and bake in a moderate oven for 1 hour
Serves 12.

CHICKEN HAWAIIAN

Helen Little

6 pieces chicken (drumstick and thigh attached)
1/2 c. pineapple juice
1 tsp. lemon rind (grated)
1/4 c. lemon juice
2 T. brown sugar
2 T. soy sauce
1 c. pineapple cubes
1 bell pepper
1 c. flour
Poultry seasoning
Pinch of paprika

Shake chicken in a bag containing 1 c. flour seasoned with poultry seasoning and a pinch of paprika.

Melt 1/4 c. margarine in a large baking pan. Add floured chicken and bake 30 minutes at 400°. Turn the chicken once during the baking period. Add sauce and bake additional 25 to 30 minutes at 350°.

Bring the bell pepper to a boil, remove from water and cut into 1 inch pieces. Mix sauce ingredients and pour over partially baked chicken. Sauce may be made up a couple of days ahead of time. Serve on warm Chinese fried noodles.

BEEF STROGANOFF

Gale Benko

2 medium onions (slice)
1/4 c. shortening or butter
1/2 lb. mushrooms (sliced)
1 lb. round steak (cut into 1/4 inch strips)
2 T. flour
1 c. water
1 1/2 tsp. salt
1/8 tsp. pepper
1/4 T. Worcestershire sauce
1/2 c. sour cream

Saute' the onions in shortening 10 minutes, add mushrooms, cover and cook 5 minutes. Remove onions and mushrooms to bowl. Brown meat slowly, sprinkle with flour and stir until blended. Add water and seasonings, cover and simmer 1 hour, stirring occasionally. Add mushrooms, onions and sour cream. Simmer 1/2 hour. Serve on rice.

BEEF IN BARBECUE SAUCE

Ruth Diamond

Sliced beef or pork (cooked - cold)
2 T. butter
1/4 c. tomato catsup
1/2 c. water
1 T. vinegar
2 tsp. flour
2 tsp. brown sugar
1 tsp. prepared brown mustard

Brown the meat slightly in a frying pan with butter. Pour over it a sauce made with remaining ingredients. Bake in a 375° oven for 1/2 hour.

TUNA CHEESE STRATA

Lillian Davis

12 slices bread (day old)
4 oz. American processed cheese -(grated)
1 can tuna
2 c. milk
3 eggs (slightly beaten)
1/4 tsp. salt
1/8 tsp. pepper
1/2 tsp. paprika
1/2 tsp. prepared mustard
1 T. onion (minced)

Remove the crusts from the bread. Arrange 6 slices in the bottom of an 8x12 inch baking dish. Cover with half the grated cheese and all the flaked tuna. Top with remaining bread slices and cheese. Combine eggs, milk and remaining ingredients. Pour evenly over the bread layers. Let stand 15 minutes. Bake at 325° for 40 to 50 minutes until puffy and brown.

MEAT LOAF

Hazel Olmsted

2 lbs. ground beef
2 eggs (beaten)
1/2 c. onion (minced)
1 tsp. salt
1/4 tsp. pepper
1 garlic clove (minced)
1/4 c. celery and leaves (chopped)
1/2 c. pimiento stuffed olives (sliced)
1/2 c. Parmesam cheese
Pinch of basil and thyme (each)
1 c. tomato juice

Combine all ingredients and toss lightly. Do not over mix. Shape into a loaf and bake in a 350° oven for 1 hour. Makes 8 servings.

RICE, PORK AND ALMOND BAKING DISH

Rita Kieselhorst

2 lbs. pork sausage
2 large onions (sliced)
1 green pepper (cut fine)
1 medium stalk celery (cut fine)
2 c. rice (uncooked)
1 c. blanched almonds
3 pkgs. Lipton's noodle soup
9 c. water

Continued on next page.

RICE, PORK AND ALMOND BAKING DISH (Continued).

Fry the sausage slightly and pour off the fat. Add the onion and green pepper. Cook a little. Bring water to a boil, drop in noodle soup and bring to boil again. Add the rest of the ingredients. Place in a greased roaster, cover and bake in a 375° oven for 1 hour. Makes 12 servings.

Grace Olson

CHICKEN RICE CASSEROLE

1 c. rice (uncooked)
1 can cream of mushroom soup
1 can cream of celery soup
1/2 c. milk
1 frying chicken (cut up)
1 env. onion soup concentrate

Butter a 9x13 inch glass baking dish and sprinkle the uncooked rice evenly over the bottom. Heat together the undiluted soups and the milk. Pour over the rice and place the raw pieces of chicken, skin side up, on top. Do not brown the chicken. Sprinkle the onion soup concentrate over the top and cover tightly with foil. Bake at 325° for 2 1/2 hours. Serves 6.

Marty Childress

CHOW MEIN

2 lbs. lean pork (diced -- brown well)
1 large stalk celery (diced)
1 can mixed Chinese vegetables
1 can water chestnuts (sliced thin)
Salt and pepper to taste
1 can bean sprouts
2 small cans mushroom pieces
3 T. molasses

Combine all ingredients. Almost cover with water and simmer 1/2 hour. Thicken with cornstarch and water.

BEEF AND NOODLE CASSEROLE

Jessie Macbeth

1 (8 oz.) pkg. noodles (cooked)
3/4 c. onions (sauteed)
1 lb. ground beef (browned)
1 can tomato sauce
1 small can ripe olives
1 1/2 tsp. salt
1/8 tsp. prepared mustard
3/4 c. green pepper
1 can cream style corn
1 can tomato soup
1 small can pimiento (diced)
1/2 tsp. chili powder
1/8 tsp. pepper

Combine and bake at 375° for 45 minutes.

When you point a finger accusingly at someone, remember there are a lot of fingers pointing at yourself!

DIET MOUSSAKA

Ann Rossell

3 medium eggplants (young)
1 lb. ground lamb or lean hamburger
1 clove garlic (minced)
1 onion (chopped)
1/4 lb. mushrooms (chopped - optional)
1/4 c. parsley (chopped)
1/2 tsp. crumbled rosemary
3 medium tomatoes (diced)
1 tsp. salt
1/2 tsp. monosodium glutamate
1/2 tsp. pepper
2 eggs (slightly beaten)

Bake the eggplants at 375° for 1 hour or until tender. Cool and cut in halves. Scoop out the pulp, mash pulp, drain and reserve. Brown the meat in a large skillet with garlic, onion, mushrooms. Add the rest of the ingredients except the eggs and simmer 5 minutes. Add the eggs and mix. Place in a 2 qt. casserole baking at 350° for 45 minutes. Serve with special tomato sauce.

SAUCE:

2 T. olive oil
1 clove garlic (minced)
1 onion (chopped)
1/2 c. green pepper (chopped)
1 bay leaf
2 whole cloves
1 tsp. salt
1/4 tsp. monosodium glutamate
1/4 tsp. pepper
1/2 tsp. sugar
1/2 c. tomato juice

Heat the oil in a skillet. Add garlic, onion, and green pepper. Cook until the vegetables are tender, but not browned. Add the tomatoes and spices. Simmer for 20 minutes, stirring. Discard the bay leaf and cloves when serving.

SAUCY SAUTEED FISH

Ann Rossell

1 (1 1/2 oz.) env. spaghetti sauce mix
1/4 c. flour
1 1/2 to 2 lbs. fish fillets
1/4 c. milk
1/4 c. butter or margarine
1/4 c. dry white wine
Parsley flakes (optional)

Combine the contents of the envelope with the flour. Dip the fish in milk, then in the flour mixture. Cook in a large skillet over low heat, turning once until golden brown -- about 5 minutes. Remove the fish to a serving plate. Add the wine, bring to a boil and pour over the fish. Sprinkle with parsley if desired. Makes 4 to 6 servings.

Even if you are on the right track you will get run over if you just sit there!

BAR-B-Q FLANK STEAK

Jane Black

Score 1 flank steak lightly on both sides.

MARINADE:

1 pkg. Good Seasons Blue Cheese dressing
1 1/2 T. oil (Wesson or Mazola)
1 1/2 T. wine or wine vinegar

Brush both sides of the steak with marinade. Broil 20 minutes first side, 10 minutes on the other side for medium rare.

Slice thin strips across the grain for serving. May be prepared for broiler an hour ahead.

GOULASH

Grace Olson

1 lb. ground beef
3 c. potatoes (diced)
1 can mushroom soup
6 T. water
1 onion (diced)
2 c. celery (diced)
1 can tomato soup
Salt

Brown the ground beef and onion. Pour off the grease. Mix the soups and water together and add to the meat mixture. Pre-cook the potatoes and celery. Add to meat mixture and simmer. Can be baked in the oven and topped with crushed potato chips.

WILD RICE CASSEROLE

Bernice Novak

1 1/2 lb. ground beef (browned)
1 (6 oz.) pkg. Uncle Ben's seasoned long grain and wild rice
1 can chicken rice soup
1 1/2 c. water
1/2 c. onion (chopped)
1 tsp. salt
1/2 c. celery (chopped)
1/4 c. green pepper (optional)

Rinse the rice 2 or 3 times. Then add the rest of the ingredients. Bake at 375° for 1 1/2 hours. This is a watery mixture when you put it into the oven, so don't be alarmed. Be sure and add the rice seasoning to the mixture.

TAMALE PIE

Frieda DeBow

3 or 4 lbs. ground beef
2 large onions
1 (No. 2 1/2) can tomatoes
2 cans cream style corn
1 can ripe olives (with juice)
1 1/2 c. yellow corn meal
Salt
Pepper
Chili powder to taste

Continued on next page.

TAMALE PIE (Continued).

Brown the meat and onions, add the tomatoes, corn and cornmeal. Cook for a few minutes (about long enough for cornmeal to thicken). Add the salt, pepper, chili powder, then the olives. Put in a baking pan and bake in a slow (300°) oven for about 2 hours. May be necessary to increase at the end to brown. Best in large baking dish so only 2 or 2 1/2 inches deep.

LASAGNE CASSEROLE

Ida Edwards

MEAT SAUCE:

1/2 lb. Italian sausage
1 lb. ground beef
1 clove garlic (minced)
1 T. whole basil
1 1/2 tsp. salt
2 c. canned tomatoes
2 (6 oz.) cans tomato paste

Brown the meat slowly and spoon off the fat. Add the remaining ingredients and simmer 1/2 hour. Stir now and then.

Cook 10 oz. lasagne until tender in a large amount of boiling salted water, drain and rinse in cold water.

CHEESE FILLING:

3 c. fresh Ricotta or creamy cottage cheese
1/2 c. Parmesan or Romano cheese (grated)
2 T. parsley flakes
2 eggs (beaten)
2 tsp. salt
1 1/2 tsp. pepper
1 lb. Mozzarella (sliced thin)

Mix the first 6 ingredients. Place half the cooked noodles in a 9x13x2 inch baking dish. Spread with half the cheese mixture. Cover with half the Mozzarella cheese and half the meat sauce. Repeat the layers. Bake in a moderate (375°) oven for 30 minutes. Before cutting into squares, let stand 10 minutes. The filling will set slightly. Makes 12 servings.

EASY CHICKEN DIVAN

Evelyn Seyffert

2 (10 oz.) pkgs. frozen broccoli
2 c. chicken (cooked - sliced) or 3 chicken breasts (cooked - boned)
2 cans condensed cream of chicken soup
1 c. mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
1/2 c. American cheese (sharp - shredded)
1/2 c. soft bread crumbs

Continued on next page.

EASY CHICKEN DIVAN (Continued).

Cook the broccoli in boiling salted water. Drain and arrange in a greased 11 1/2 x 7 1/2 x 1 1/2 inch baking pan. Place the cut up chicken on top of the broccoli.

Combine the soup, mayonnaise, lemon juice and curry powder. Pour over the chicken, sprinkle with cheese. Combine the bread crumbs with butter. Sprinkle over all and bake at 350° for 25 minutes. Trim with pimiento strips. Serves 6 to 8.

POLYNESIAN BEEF BITES — Evelyn Seyffert

1 1/2 lbs. ground beef
3/4 c. oats (uncooked)
1 (5 oz.) can water chestnuts (drained - chopped)
1 tsp. monosodium glutamate
1/2 tsp. onion salt
1/2 tsp. garlic salt
1/4 tsp. salt
1 T. soy sauce
Dash of liquid red pepper seasoning
1 egg
1/2 c. milk

Combine all the ingredients and form into balls. Brown in a small amount of shortening. Turn frequently. Drain off fat. Serves 12.

SAUCE:

1 (8 1/2 oz.) can crushed pineapple
1 c. brown sugar (firmly packed)
2 T. cornstarch
1 c. beef bouillon
1/2 c. vinegar
2 tsp. soy sauce
1/3 c. green pepper (chopped)

Drain the pineapple, reserving the juice. Mix together the sugar and cornstarch in a saucepan, add pineapple juice, bouillon, vinegar and soy sauce. Bring to a boil, stirring constantly until thickened and clear. Boil 1 minute. Stir in green pepper and the pineapple. Add the sauce to the meat balls and simmer about 10 minutes. Serve hot.

SPANISH SHORT RIBS — Betty Linton

2 lbs. beef short ribs
1/4 c. flour
3 T. shortening
2 medium onions (sliced)
1 c. canned tomatoes
2 green peppers (sliced)
1 T. Worcestershire sauce
Salt and pepper

Dredge the short ribs with flour and brown in shortening. Pour off excess fat. Add onions, tomatoes, green peppers and the Worcestershire sauce. Add salt and pepper. Cover and cook slowly for about 1 1/2 hours or until meat is tender. Remove short ribs and thicken liquid for gravy. Serves 6.

PORK CHOP POTATO SCALLOP

Preheat the oven to 350°.

CHEESE SAUCE:

2 T. butter or margarine (melted)
1 medium onion (sliced thin or chopped)
1 clove garlic (finely chopped -- optional)

Saute' onion and garlic in butter until soft and transparent. Stir in:

2 T. flour
1 c. milk

Blend milk in slowly, stir constantly over low heat until the sauce thickens. Remove from the heat and stir in:

1 c. Cheddar cheese (1/4 lb. grated)
1 tsp. salt
1 tsp. prepared mustard
1/2 tsp. Worcestershire sauce
Dash of black pepper

Have ready:

3 to 4 medium White Rose potatoes (peel and slice thin)
4 to 6 lean pork chops (well trimmed)

Arrange half the sliced potatoes in the bottom of a buttered casserole or pan. Pour 1/3 the cheese sauce over the potatoes and cover with all the pork chops. Pour 1/3 the cheese sauce over the chops and arrange the rest of the potatoes over the coated pork chops. Pour remaining cheese sauce over top layer of potatoes. Cover the casserole or pan and bake at 350° for 1 1/4 to 1 1/2 hours. Yields 4 to 6 servings.

CHICKEN MARENGO (A Do ahead company casserole) Helen Little

1 (3 lb.) fryer (cut up)
1/2 tsp. salt
1/8 tsp. pepper
1/4 c. flour
1/4 c. bacon grease or shortening
12 small white onions or 1 can boiled onions
1/4 c. butter or margarine
1/4 lb. mushrooms (sliced or halved)
1 clove garlic (minced)
1/2 c. water (if using canned mushrooms use liquid) or use drained tomato juice
1/4 c. sherry
1 can stewed tomatoes (drained)
3/4 tsp. salt

Continued on next page.

CHICKEN MARENGO (Continued).

Coat the chicken with 1/2 tsp. salt, pepper and flour. Saute in shortening until golden on all sides. Boil the onions in a small pot until nearly tender, about 12 minutes. Drain.

In hot butter cook the onions with mushrooms and garlic, covered, for 15 minutes, stirring often.

Stir in 2 T. flour, water, sherry, tomatoes, 3/4 tsp. salt and heat, stirring, until smooth and thickened. Place the chicken in a casserole and pour the sauce over. Chill until later.

About 1 3/4 hour before dinner preheat the oven to 350°. Bake, covered, for 1 hour and 20 minutes. Remove the cover and add cooked bacon bits if desired. Bake 10 more minutes, uncovered. Makes 4 servings.

Serve with noodles. Garnish with fresh parsley and croutons. It is nice to have extra sauce on hand, or double the sauce recipe and pour over the chicken before baking.

Gladys Hagey

CHOP SUEY

1/4 c. shortening
3/4 lb. lean pork or beef
1 c. onions (thinly sliced)
1 c. mushrooms (thinly sliced)
1/2 c. green pepper (thinly sliced)
2 c. celery (thinly sliced)
1 tsp. salt
1/16 tsp. pepper
1 1/2 c. boiling water
1 can bean sprouts (drained)
2 T. cornstarch
2 T. cold water
2 tsp. soy sauce
1 tsp. sugar
1 tsp. Chinese brown sauce

Sear the meat quickly without browning. Stir well. Cook approximately 3 to 5 minutes. Add the onions, mushrooms, green pepper and celery. Continue to fry about 5 minutes. Add the salt, pepper and water. Cover and cook 5 minutes. Stir in the drained bean sprouts and continue to simmer another 5 minutes. Mix the cornstarch, water, soy sauce, sugar and brown sauce together. Stir into the mixture and bring to a boil. Continue cooking 1 minue. Serves 4.

The only way to help people be what they want to be is to accept them as they are!

MEXICAN STEAK

Roseleaf Reed

3 to 4 lbs. sirloin or round steak
Flour seasoned with salt, pepper and paprika
1 large onion
1 large clove garlic
1 large bell pepper
1 (15 oz.) can tomato sauce
1 (1 lb. 15 oz.) can whole tomatoes
1 beef bouillon cube
1/2 tsp. chilis (chopped)
2 bay leaves
1 tsp. chili powder

Cut the steak into serving sized pieces, flour and brown slowly in hot oil. Remove from the skillet and set aside. Slice and fry the onion, bell pepper and garlic. Return the steak to the skillet and add the tomato sauce, tomatoes, bouillon cube, chopped chili, bay leaves and chili powder. Add water to cover and simmer slowly for 45 minutes or until the meat is tender. Adjust the salt and pepper to taste. Serve over rice or mashed potatoes.

INDIAN CURRY

Dorothy Lowe

1 chicken bouillon cube
1 c. boiling water
5 T. butter
1/2 c. minced onion
2 c. milk
1 tsp. lemon juice
2 1/2 tsp. curry powder
1 1/4 tsp. salt
1 1/2 tsp. granulated sugar
1/4 tsp. powdered ginger
6 T. flour

Dissolve bouillon cube in water. Melt the butter and add onion. Simmer until tender. Stir in the 5 dry ingredients. Slowly stir in bouillon and milk. Cook slowly stirring all the time until thickened. Add the lemon juice and meat. (Use 4 c. cleaned, cooked shrimp -- serves 6). Leftover lamb is very good, also chicken or beef. Serve over boiled rice. SUN brand curry is very good.

CHICKEN CASSEROLE

Bev Mitchell

2 cans chicken (boned)
1 small pkg. almonds (sliced)
2 c. rice (cooked)
1/4 tsp. pepper
3/4 c. mayonnaise diluted with 1/4 c. water
1 can cream of chicken soup
1 c. celery (diced)
1/2 tsp. salt
3 eggs (hard boiled)
1 T. lemon juice
2 tsp. onion (chopped)

Mix all and put in greased pan. Crush potato chips and sprinkle on the top. Also paprika. Cook 30 minutes at 400°.

SOUR CREAM MEAT BALLS

Bunny Hurtt

1 lb. ground beef
1 egg
1/4 c. water
3/4 c. bread crumbs
1 tsp. salt

Form into 1 inch balls. Brown well. Add:

1 can mushroom soup
1/2 c. water
1 tsp. catsup
1 tsp. onion
1 tsp. Worcestershire sauce
1/4 tsp. garlic salt

Mix well and pour over meat balls. Simmer 5 minutes. Add 1 c. sour cream and blend. Serve over rice or noodles.

CHINESE VEAL

Dorothy Hermanson

1 lb. veal (cut into cubes)
2 medium onions (cut fine)
1 c. celery (cut fine)
1/2 c. rice (uncooked)
1 can chicken soup
1 c. peas (cooked)
2 c. water
1 small can mushrooms
4 T. soy sauce
Salt and pepper to taste

Brown the veal, onions, celery in Crisco or roast drippings. Mix all together in a large casserole. Mix well. Bake 1 1/2 hours in a 350° oven. Stir several times. Serves 8. Good over Chinese noodles.

EASY TAMALE PIE

Barbara Gilbert

Brown 1 1/2 to 2 lbs. ground beef. Add:

1 onion (diced)
1 can tomatoes
Salt and pepper to taste
1/4 tsp. oregano
1 T. chili powder

Let thicken. While this mixture is cooking mix:

1 c. Bisquick
1/2 c. cornmeal
1 egg
Enough milk to get texture of pancakes

Set this batter to one side. To the meat mixture add:

Olives (sliced)
1 can whole kernel corn.

Turn off the heat. Pour into a casserole or big baking dish and pour the topping batter over. Bake at 350° for 20 to 25 minutes until golden.

We can't take it with us -- but perhaps how we got it may determine where we'll go.

BUSY DAY BAKED BEANS AND PORK CHOPS

Sandra L. Hull

1 (No. 2 1/2) can pork and beans
1/2 c. brown sugar
2 T. onion (chopped - optional)
3 or 4 pork chops
1/4 c. catsup

Drain the beans in a strainer and rinse well with cold water until all the juice drains off the beans. Add the brown sugar, catsup and onion. Stir gently and place in a casserole or bean pot.

Brown the pork chops on both sides and place on top of the beans. Bake, covered, for 1 hour at 350°. Remove the cover and bake 15 to 20 minutes longer. Watch carefully the last 20 minutes to prevent dryness. These won't taste like canned beans at all. Serves 2.

GLAZED SPARERIBS

Phyllis Haukedal

2 racks fresh pork spareribs (whole or cut into serving pieces as desired)
2 c. bottled cranberry juice
1 large sweet onion (sliced)
1/4 c. brown sugar (firmly packed)
Juice of 1 lemon
4 whole cloves
1 tsp. salt
1/4 tsp. pepper

Place the spareribs in a shallow pan. Combine remaining ingredients in saucepan. Bring to a boil and let simmer 5 minutes. Pour over the spareribs; let stand in the refrigerator several hours or overnight. Drain, reserving marinade. Place on a grill about 6 inches above glowing charcoal. Broil 45 to 60 minutes, brushing the meat with the reserved marinade every 5 minutes. Turn frequently. Serves 6 to 8.

MEAT BALL CASSEROLE

Dessie Blair

1 lb. ground beef
1/2 c. dry bread crumbs
1 tsp. chili powder
1/4 lb. pork sausage
2 T. onion (chopped)
1/8 tsp. pepper

Mix well and shape into balls the size of a walnut. Brown. Place in a 2 1/2 qt. casserole. Combine:

1 can cream of mushroom soup
1 can cream of celery soup
1 can evaporated milk
1/2 c. water

Heat until steaming, pour over meat balls. Sprinkle with 1/2 lb. grated cheese and top with baking powder biscuits. Bake at 400° for 20 to 25 minutes.

To scald milk rinse a pan in cold water before you scald the milk to prevent sticking.

BEEF BURGERS

Marty Childress

15 lbs. hamburger
2 large onions
1 c. vinegar
3 large stalks celery
1/2 T. dry mustard
1 c. brown sugar
2 T. salt
4 bottles catsup
1/2 c. lemon juice

Brown the hamburger in a pan. Mix the diced onions, vinegar, dry mustard, brown sugar, catsup and lemon juice by itself. Cut the celery into pieces about 1/4 inch long. Add to the above ingredients and mix with the hamburger. Just heat it good. DO NOT cook as the vegetables should NOT be cooked. This can all be made ahead of time, then heated when ready to use. If it seems dry, add a little water. Will be enough for approximately 150 burgers.

BEEF ENCHILADAS

ENCHILADA FILLING:

2 lbs. ground beef
2 medium onions (chopped)
2 cloves garlic (minced)
2 tsp. salt
1/2 tsp. pepper
1 tsp. oregano (crushed)
3 T. chili powder
1/2 tsp. ground cumin
3 T. vinegar

Combine all ingredients and fry until the meat is well done. Do not add additional fat as fat in the meat is sufficient. Keep warm or reheat when ready to use. Makes 1 dozen.

ENCHILADA SAUCE:

2 T. oil
2 medium onions (finely minced)
2 cloves garlic (minced)
3 (8 oz.) cans tomato sauce
1/2 tsp. ground cumin
2 T. chili powder
2 tsp. salt
1/4 tsp. pepper

Fry the onion and garlic in the oil until wilted, but not brown. Stir in the remaining ingredients and simmer 5 to 10 minutes.

Heat enough fat or oil to cover tortillas in a skillet. Place tortillas, 1 at a time, in the hot fat until just limp. Remove and dip into the enchilada sauce. Spread the enchilada filling across the middle of each tortilla, then sprinkle generously with grated Parmesan and minced onion. Fold over sides to make a compact roll and stack parallel to each other. Pour remaining sauce over the top of enchiladas. Garnish with grated sharp Cheddar cheese, shredded lettuce, hard cooked eggs and radishes. Makes 1 dozen well filled enchiladas.

CHICKEN FRICASSEE

Louise Titlow

2 or 3 lb. young chicken
1 1/2 tsp. salt
1/4 tsp. pepper
1 c. onion
1 c. carrot
1 c. celery
2 T. parsley (minced)
4 T. chicken fat or butter
4 T. flour
1 can mushrooms

Disjoint the chicken and cut into pieces for serving. Add salt, pepper and boiling water. Cook slowly for 1 hour. Add the vegetables and continue cooking until the chicken is almost tender. Remove the chicken and strain the broth. Skim off any surplus fat. To make gravy, blend fat with flour, slowly add 3 c. of lukewarm broth. Cook until smooth, stirring constantly. Simmer about 5 minutes. Add the mushrooms and parsley. Season to taste with salt and pepper. Replace the chicken in the gravy and heat to simmer. Makes 6 to 8 servings. (Meat may be removed from the chicken and added to the gravy to serve over mashed potatoes.)

JOE'S SPECIAL (From New Joes - San Francisco, California)

2 lbs. ground chuck (crumbled)
2 T. olive oil or salad oil
2 medium onions (finely chopped)
2 cloves garlic (minced or mashed)
1/2 lb. mushrooms (sliced -- optional)
1 1/4 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. pepper
1/4 tsp. oregano
1 (10 oz.) pkg. frozen chopped spinach (thaw-drain well) or 1/2 lb. fresh spinach
4 to 6 eggs

Brown ground beef well in oil in a large frying pan over high heat. Add the onions, garlic and mushrooms (if used). Reduce heat and continue cooking, stirring occasionally, until onion is soft. Stir in seasonings and spinach. Cook for about 5 minutes longer. Add the eggs, stir mixture over low heat just until the eggs begin to set. Makes 4 to 6 servings.

FRANKFURTER-CHEESE CRESCENTS

Anne Silva

1 tube (of 8) crescent dinner rolls
Prepared mustard
8 frankfurters
8 strips Cheddar cheese

Unroll crescents and separate into triangles. Spread lightly with mustard. Cut a shallow slit lengthwise in each frankfurter and insert a cheese strip in each. Place a frankfurter on wide end of triangle and roll up. Put on ungreased cookie sheet, cheese side up. Bake in moderate (375°) oven 12 minutes or until golden brown. Serve hot -- makes 8.

BEEF ORIENTAL

1 lb. round steak (cut into very thin strips)
2 T. salad oil
1 1/2 c. fresh mushrooms (sliced) or 1 (4 oz.) can (drained)
1 c. green pepper (cut into 1 inch squares)
1 1/2 c. celery (sliced diagonally)
1/2 c. green onion (diagonally cut into 1 inch pieces -- omit if you use onion soup)
1 can beef broth or onion soup
2 T. soy sauce
2 T. cornstarch
1/2 c. water

In a skillet brown the beef in oil. Add the vegetables, soup and soy sauce. Cover and cook over low heat 20 minutes or until the meat is tender. Stir now and then. Blend the cornstarch and water. Stir into the sauce. Cook, stirring, until thickened. Serve with rice, hot tea and fortune cookies, for a happy ending. Makes 4 servings.

SPAGHETTI BRAVISSIMO

Anne Silva

1 env. Lipton onion soup mix
1 (8 oz.) pkg. spaghetti
1 1/2 qts. boiling water
1 lb. ground beef
1 (8 oz.) can tomato sauce
1 (7 oz.) can tomato paste
1 T. parsley flakes
1 tsp. oregano
1/2 tsp. sweet basil

In a large saucepan combine the Lipton onion soup mix and the spaghetti with water. Cook 20 minutes or until the spaghetti is tender. Do not drain.

In a large skillet brown the meat. Stir in tomato sauce and paste, parsley, oregano and basil. Add to the spaghetti and heat through. Serves 4.

PORTUGUESE TUNA

Elsie Silva

2 T. oil
2 onions (chopped)
1/2 c. green pepper (chopped)
1/4 c. celery (chopped)
2 T. parsley (chopped)
2 cloves garlic (chopped)
2 cans solid pack or chunk style tuna (6 1/2 or 7 oz. cans)
2 (8 oz.) cans tomato sauce
Salt and pepper to taste
Bay leaf
1/2 tsp. cumin

Sauté all the vegetables in oil until a golden brown. Add more oil if necessary. Add tomato sauce, 1/2 c. water, salt and pepper to taste, 1/2 tsp. cumin and bay leaf. Simmer 10 minutes. Add 2 cans of tuna (drained). Simmer for another 10 minutes to heat the tuna. Serves 6.

Continued on next page.

PORTUGUESE TUNA (Continued).

Good with mashed potatoes, tossed green salad, French bread, and a simple dessert. For real Portuguese flavor simmer a 3 inch piece of orange peel with the fish, discarding before serving.

CHICKEN CASSEROLE

Lucille Covic

2 c. chicken (3 breasts - cooked)
2 cans chicken noodle soup
2 cans mushroom soup
2 eggs (beaten)
6 slices bread (broken into pieces)
1 cube butter
1 1/2 c. corn flake crumbs

Combine the first 5 ingredients in a shallow casserole. Top with melted butter and corn flake crumbs. Bake at 350° for 45 minutes. Serves 8 to 10.

STUFFED MUSHROOMS (Casserole)

Marilyn Tippie

2 bunches spinach or 2 pkgs. frozen spinach
1 c. sour cream
1 c. Monterey Jack cheese (shredded)
1 c. Cheddar cheese (shredded)
1/2 c. Parmesan cheese (grated)
1/4 c. green onion tops (chopped)
1 1/2 tsp. salt
1 tsp. Italian herb seasoning
12 medium fresh mushrooms
1 lb. ground beef
1/4 c. green onions (sliced)
Nutmeg

Cook the spinach briefly in hot water. Drain and chop. Mix with the sour cream, 1 c. each of Cheddar, Jack and Parmesan, the onion tops, 1/2 tsp. salt and herb seasoning. Place stemmed mushrooms (cut side up) in the center of a large, shallow baking dish. Spoon the spinach mixture around the edges. Saute' beef lightly with sliced onions and remaining tsp. of salt. Spoon over the mushrooms. Top with remaining cheeses and sprinkle lightly with nutmeg. Cover and bake in a 350° oven for 25 minutes. Can also be baked in individual dishes.

TUNA CASHEW CASSEROLE

1 (3 oz.) can chow mein noodles
1 (10 1/2 oz.) can cream of mushroom soup
1/4 c. water
1 (6 1/2 or 7 oz.) can tuna (well drained)
3/4 c. salted cashew nuts (chopped)
1/3 c. celery (diced)
1/4 c. onion (minced)
1/4 c. ripe olives (chopped)
1/2 tsp. salt
A few grains of pepper

Combine all ingredients reserving 3/4 c. noodles. Pour into a greased 1 1/2 qt. casserole. Sprinkle with reserved noodles just before baking. Bake at 350° for 40 minutes.

BAKED HALIBUT SUPREME

Marilyn Tippie

Halibut steaks (1 inch thick) Dry white wine (to cover fish)

Salt the fish and marinate in the wine 2 hours. If frozen, do not thaw the fish first. Drain and blot with paper towels. Roll in bread crumbs. Place in a buttered shallow baking dish.

SAUCE:

Mix equal parts mayonnaise and sour cream (1/2 c. each for 3 or 4 servings.) Season to taste with minced onion. (Dried onions are best, but wet onion before adding.)

Spread over the fish, sprinkle very lightly with fine bread crumbs, then paprika. Bake 10 to 12 minutes in a 500° preheated oven on the top shelf.

SURPRISE CASSEROLE

Vi Matson

1 lb. ground beef
1/2 c. fine dry bread crumbs
1/3 c. milk
1 egg (beaten)
1/4 c. onion (finely chopped)
1 tsp. salt
1/4 tsp. dry mustard
1 T. butter
1 (10 1/2 oz.) can cream of mushroom soup)
1 1/2 c. (6 oz.) Cheddar cheese (shredded)
1/2 tsp. rubbed sage
2 pkgs. frozen mixed vegetables

In a bowl lightly combine the beef, bread crumbs, milk, egg, onion, salt and mustard. Shape into 24 (1/2 inch) balls. In a large skillet melt the butter and brown meatballs slowly on all sides.

Combine the soup, cheese and sage. Meanwhile, cook the vegetables according to the package directions and drain. Arrange the meatballs around the sides of a shallow 1 1/2 qt. casserole. Spoon soup mixture into the center and place cooked vegetables over the top. Cover with foil, bake in a preheated 350° oven for 30 minutes. Serve with salad, warm rolls and butter and a pitcher of milk. Potato chips might be included too.

DINNER IN CASSEROLE

Vi Matson

4 or 5 potatoes (peeled)
1 can green beans
1 1/2 lbs. hamburger
1/4 c. onion (finely chopped)
Salt and pepper
1 can tomato soup

Continued on next page.

DINNER IN CASSEROLE (Continued).

Slice the potatoes into a greased 10 inch casserole. Sprinkle with salt and pepper. Drain the beans, reserving the liquid. Spread beans over potatoes, add hamburger and sprinkle with onions. Add salt and pepper sparingly. Mix the soup with 1/2 can liquid from the beans. Pour into a casserole. Bake in a covered dish at 375° until the potatoes are done. Uncover, place baking powder biscuits on top and bake at 415° for 15 minutes.

BEEF JERKY

Vi Matson

MARINADE SAUCE:

1 bottle teriyaki sauce
1 T. Tabasco sauce
2 T. Worcestershire sauce
1 T. black pepper
2 T. medium hot chili powder
1 T. dried garlic (chopped)

Mix the marinade sauce well.

Cut 1 pkg. brisket of beef into pieces about 4x6 inches and no more than 1/2 inch thick. Freeze and slice along the grain about 3/16 inch thick along the 1/2 inch thick dimension called for above. Marinate for 12 hours - stir often.

String strips on oven grill close together. Sprinkle well with pepper, garlic and chili powder. CAUTION: USE NO SALT OR SALT OF GARLIC. Use oven pilot with small wood block to hold oven door open for moisture to escape. Takes about 48 hours.

Note: You can vary this recipe almost any way, and still get good jerky.

TURKEY MEAT LOAF

Ethel Reed

1 lb. ground turkey
1/2 lb. sausage (or an additional 1/2 lb. turkey)
1 large onion (sliced)
1/2 c. celery (diced)
4 slices soft bread
1 c. warm milk
1 T. Worcestershire sauce
2 eggs (beaten)
2 tsp. salt
1/4 tsp. sage
1/4 tsp. pepper
1/4 tsp. dry mustard
1/4 tsp. poultry seasoning
1/2 c. chili sauce

Mix the meats together. Add onion and celery. Cube the butter and soak in milk. Add eggs, Worcestershire sauce and seasonings to bread and milk mixture. Beat with a rotary beater until well blended. Combine with meat mixture and mix well. Turn into loaf pan and spread the chili sauce on top. Bake at 350° for 1 hour. Serves 6.

Ethel Reed

PARMESAN TURKEY BURGERS

1 lb. raw turkey (ground)
1 tsp. seasoned salt
1/2 tsp. oregano (crushed)
2 T. Parmesan cheese (grated)
2 T. catsup
2 T. dry bread crumbs
1 T. butter

Combine all the ingredients except the butter thoroughly. Shape into 4 patties and pan broil in a skillet, in the butter, over medium heat. After 3 minutes, turn and brown on the other side. Makes 4 patties.

PIZZA BURGERS:

Prepare Parmesan Turkeyburgers according to the recipe. After turning the patties top each with 1 T. catsup and a slice of Mozzarella cheese.

EASIEST CHICKEN CASSEROLE

1 can cream of chicken soup
1 can cream of celery soup
1 can cream of mushroom soup
1 cube butter
1 1/2 c. Minute Rice
8 chicken breasts (boned)

Melt the butter in an 8x13 inch casserole. Add the rice and soups. Blend. Lay the chicken pieces on top and brush with melted extra butter. Season with salt, pepper and paprika. Bake in a 250° oven for 2 1/2 hours. If it gets too brown, lay foil loosely over the top.

BEEF NOODLE SKILLET DINNER

Mrs. Steve McNichols, Jr.
Daughter-in-law of former Gov. of Colorado

1 1/4 lbs. ground beef
4 beef bouillon cubes
2 T. catsup
1 T. parsley flakes
1 tsp. salt
1/2 tsp. onion salt
1/4 tsp. pepper
4 c. boiling water
8 oz. medium or narrow noodles
1 (10 oz.) pkg. frozen mixed vegetables

Place the beef in a large skillet, break up with a fork. Cook over moderate high heat (325°) for 5 minutes stirring frequently. Remove from the heat, mix in bouillon, catsup, parsley, salt and pepper. Stir in boiling water and cook over moderate heat (250°) until mixture comes to a boil and bouillon cubes are dissolved, stirring occasionally. Stir in the noodles and sprinkle vegetables over the mixture in skillet. Cover and cook over low heat for 10 to 15 minutes or until the noodles and vegetables are cooked and all the liquid is absorbed.

CHICKEN TORTILLA CASSEROLE

Dorothy Fiori

6 whole chicken breasts (divided)
Salt and pepper to taste

Season the chicken, seal in foil and bake in a 400° oven for 1 hour. Save the juice.

1 dozen corn tortillas
3/4 can ortega green salsa
1 can cream of mushroom soup
1 small can mushrooms
1 can cream of chicken soup
Liquid from the chicken
1 onion (grated)
1/2 pt. sour cream
1 lb. Cheddar cheese

Bone the chicken and cut into large pieces. Cut tortillas into strips. Mix soups, chicken juice, salsa and onion. Butter a 9x13 inch casserole. Put in layers of the soup mixture, tortillas, chicken, mushrooms, cheese, sour cream and repeat layers. Do not have the chicken on top or bottom of the casserole. Top with cheese and let stand in the refrigerator for 24 hours. Bake at 300° for 1 hour.

RICE CASSEROLE

Mabel Webber

1 1/2 c. rice
1/2 c. butter
1/2 c. almonds
3 c. boiling chicken broth
3/4 c. celery (finely chopped)
3/4 c. carrots (finely chopped)
1/2 c. green onions (finely chopped)

Brown the rice, butter and almonds in a frying pan. Place in a casserole and pour over the chicken broth. Bake at 350° for 45 minutes. The last 15 minutes add the celery, carrots and onions.

PARTY CHICKEN

Em Rafferty

4 large chicken breasts (split, skinned and boned)
8 slices bacon
1 (4 oz.) pkg. chipped beef
1 can condensed cream of mushroom soup
1 c. cultured sour cream

Wrap each half breast with a strip of bacon that has been partially broiled. Cover the bottom of a baking dish with the chipped beef. Arrange the chicken on the beef.

Mix the soup and cream and pour over the meat. Cover and refrigerate over night. Bake at 275° for 2 hours. Serve over rice.

How a man turns out depends a great deal upon what kind of women decides to marry him.

CHICKEN BROCCOLI CASSEROLE

Em Rafferty

3 chicken breasts (cooked - boned)
2 pkgs. chopped broccoli (cooked)
1/3 c. milk or half and half
1/2 c. mayonnaise
1/2 c. Cheddar cheese (grated)
1 can cream of chicken soup
1/2 tsp. curry powder
1 tsp. lemon juice
Almonds (shredded)

Place the cooked broccoli on the bottom of a flat casserole. Put strips of chicken on top. Prepare sauce from the other ingredients and pour over the chicken. Bake at 350° for 20 minutes, sprinkle with shredded almonds.

ENCHILADA CASUELA

Shirley Titlow

3 dozen corn tortillas
1 qt. cottage cheese
2 lbs. Cheddar cheese (mild and sharp - shredded)
4 cans La Victoria enchilada sauce (mild and regular)
2 pts. sour cream

Heat the tortillas in hot oil until limp. Layer in a large casserole the enchilada sauce, tortillas, sour cream, cottage cheese, shredded cheddar cheese, enchilada sauce, etc. until the casserole is full and the ingredients have been used up. Finish with sauce and a sprinkling of Cheddar cheese. Bake in a 350° oven. If the casserole comes from the refrigerator, bake for 1 hour.

OVEN FRIED FISH

2 lbs. fish (fillets or steaks)
1 T. salt
1 c. milk
1 c. dry bread crumbs
1/4 c. butter or margarine (melted)

Preheat the oven to 500°. Cut fish into serving sized portions. Add salt to the milk. Dip the fish into milk and roll in crumbs. Place in a well greased baking pan. Pour some of the melted butter over each piece and bake at 500° for 10 to 12 minutes or until the fish flakes easily when tested with a fork. Serve with Cucumber Almond Butter. Makes 6 servings.

CUCUMBER ALMOND BUTTER:

Measure 2 tsp. instant minced onion into equal amount of water. Melt 1/2 c. butter, add the onion, 2 tsp. fresh lemon juice, 1/4 c. slivered almonds, 1/4 tsp. seasoned salt and 1/2 c. coarsely grated peeled cucumber. Cook gently a few minutes to heat.

Wrinkles should merely show where the smiles have been.

BEEF PATTIES PARMESAN

1 lb. ground beef
1/2 c. biscuit mix
1/3 c. tomato juice
1/4 c. green pepper (finely chopped)
1 egg (slightly beaten)
1 small clove garlic (minced)
1 tsp. salt
1/2 tsp. oregano (crushed)
Dash of pepper
1/2 tsp. Worcestershire sauce

Combine the ground beef, biscuit mix, tomato juice, green pepper, egg, garlic and seasonings. Mix lightly till ingredients are blended. Shape into 4 patties and place in a greased shallow baking pan. Bake in a hot (400°) oven for 20 minutes. Remove from the oven and sprinkle each patty with about 2 tsp. Parmesan cheese and garnish with sliced stuffed green olives. Serve on a bed of buttered noodles. Makes 4 servings.

ITALIAN STYLE MINUTE STEAKS

1 egg
1 T. water
1/4 c. Saltine crackers (finely crushed)
1/4 c. Parmesan cheese (grated)
5 cube steaks
1/4 c. oil
1 (8 oz.) can pizza sauce

Beat the egg and water together. Combine the cracker crumbs with half the cheese. Dip the steaks into egg mixture, then into crumbs. Brown steaks in the hot oil in a skillet. Drain well. Arrange steaks in a single layer in a baking dish. Cover with the pizza sauce and sprinkle with the remaining cheese. Bake in a 325° oven for 20 minutes.

SPECIAL FISH FRY

Elsie Silva

1 egg (slightly beaten)
1/4 c. prepared mustard
1 tsp. paprika
1/2 tsp. salt
1 envelope (5 servings) instant mashed potatoes
1 1/2 lbs. fish fillets

Combine the egg, mustard, paprika and salt in a shallow dish. Beat lightly to blend. Dip the fish in the egg mixture and then in the mashed potato flakes. Fry in hot shortening (Crisco) or oil until a golden brown.

Let's face it -- there's only one perfect child in the world -- and every mother has it.

BACON STUFFED MUSHROOMS

Nancy Lee Meyerdirk

1 lb. small mushrooms (approximately 50)
4 slices bacon (diced)
1 medium onion (minced)
2 T. green pepper (minced)
1 tsp. salt
1/8 tsp. monosodium glutamate
Dash of pepper
1 (3 oz.) pkg. cream cheese (at room temperature)
1/2 c. buttered bread crumbs

Use a 9x13x2 inch buttered baking dish. Preheat the oven to 375°.

Wash and dry the mushrooms. Remove stems and set aside to go with the stuffing. Saute the bacon, onion, green pepper, chopped mushroom stems and seasonings. Remove from the heat when cooked through, but not browned.

Combine the cheese with the bacon mixture. Press firmly into the mushroom caps. Put bread crumbs in the dish -- lightly press filling side of mushroom into the crumbs to coat. Place mushrooms in baking dish, filling side up. They may be covered and refrigerated at this point for later use -- 1 or 2 days.

Add 1/4 c. hot water to the baking dish and bake, uncovered, 15 to 20 minutes. Garnish with parsley sprig. (Absolutely delicious - leftovers may be rewarmed days later.)

MEXICAN BEEF AND BEANS

Elsie Silva

1 lb. dry pinto or pink beans
Water (about 3 c. to start)
2 T. salad oil or shortening
2 lbs. boneless stew meat
1 large onion (chopped)
2 cloves garlic (chopped)
1 tsp. salt
1/2 (4 oz.) can California green chilies, (rinsed - chopped)
1/2 tsp. ground cumin
3 tsp. chile powder (or to taste)
1 (15 oz.) can tomato sauce (or 2 small cans)

Wash the beans. Cover them with water and soak over night. Or, cover with water and bring to boiling. Boil 2 minutes, then cover. Remove from heat and allow to soak for 1 hour.

Heat the shortening in a Dutch oven and brown the meat well on all sides. Set meat aside while you saute the onion until it is limp and lightly browned. Add more shortening if necessary. Add the garlic, salt, green chilies, cumin and chile powder. Return the meat to the pan, then add beans including their soaking liquid. Cover and simmer slowly until the beans are almost tender (about 2 hours). Add water if needed to keep beans just covered. Add the tomato sauce and cook just until the beans are tender, about 1 hour longer. Makes 6 servings.

HOT CHICKEN SALAD

2 c. chicken (cooked - cut into bite sized pieces)
1 T. lemon juice
1/2 c. salad dressing or mayonnaise
1/2 tsp. salt
1 c. celery (sliced fine)
2 hard cooked eggs (sliced)
1/2 can undiluted cream of chicken soup
1 tsp. onion (minced)
1 T. pimiento (minced)
1/2 c. cheese (grated)
1 c. potato chips (slightly crushed)
1/2 c. almonds (chopped or slivered)

Combine all except the cheese, chips and nuts. Toss together lightly. Spoon into buttered 8x8x2 inch pan. Top with cheese, chips and nuts. Refrigerate over night and bake at 400° for 20 to 25 minutes. Serves 4 generously.

RED SNAPPER A LA ORANGE

2 lbs. red snapper (cut into 6 pieces)
1 tsp. salt
1/4 tsp. pepper
2 T. orange juice
1 tsp. orange rind (grated)
3 T. oil
1/4 tsp. nutmeg

Place the red snapper in a single layer in an oiled pan. Combine the salt, pepper, orange juice, orange rind and oil. Pour over the fish and sprinkle the fish with nutmeg. Bake for 20 to 30 minutes. Makes 6 servings.

SOLE ORIENTAL

2 lbs. fillet of sole
1/4 c. honey
1/4 c. prepared mustard
2 T. oil
1 tsp. curry powder
1 tsp. lemon juice

Cut the fish into cubes. Place in a pan. Combine the honey, mustard, oil, curry powder and lemon juice. Mix well and brush the fish with this curry sauce. Broil at 425° about 4 inches from the flame for 10 minutes or until slightly browned. Turn the fish, brush with the remaining sauce and broil 10 minutes longer or until nicely browned. Garnish with lemon wedges. Makes 6 servings.

Many a person hides his light under a bushel basket --
when a thimble would serve just as well.

ORIENTAL SWORDFISH STEAKS

2 lbs. swordfish steaks or other fish steaks
1/4 c. soy sauce
1/4 c. orange juice
2 T. oil
2 T. catsup
2 T. parsley (chopped)
1 T. lemon juice
1/2 tsp. oregano
1/2 tsp. pepper
1 clove garlic (chopped)

Place the fish in a shallow pan. Combine the remaining ingredients. Pour sauce over fish; let stand 30 minutes, turning once. Remove the fish, reserving sauce for basting. Place the fish on a greased broiler rack or barbecue grill. In a preheated oven broiler broil 3 inches from the heat 5 to 6 minutes on each side. Baste. On a grill place fish about 4 inches from the hot coals for 8 minutes. Baste, turn and cook 7 to 10 minutes longer. Serves 6.

SWEET AND SOUR SOY RIBS

2 lbs. meaty pork ribs
1 T. salad oil
1 small piece ginger root
1 clove garlic (crushed)
1/4 c. sugar
1/4 tsp. dry mustard
1/2 tsp. salt
2 T. flour
2 T. soy sauce
3 T. vinegar
1 c. water
1/2 c. salted almonds (slivered)

Cut the ribs into 1 rib pieces and place in a large heavy skillet. Cover with hot water and simmer for 30 minutes. Drain and dry well. Heat oil in a skillet and add ribs. Turn to brown thoroughly. Peel ginger root and chop fine. Place in a bowl with the garlic. Add the remaining ingredients and pour over the ribs. Simmer for 20 minutes on low heat. Serve very hot. Makes 4 to 5 portions.

BARBECUE SAUCE FOR VENISON OR WILD DUCK

2 T. honey
1/2 stick butter
1 c. catsup
3 T. Worcestershire sauce
Juice of 1/2 lemon
1 tsp. onion salt
1 tsp. garlic salt
1 T. mustard
Salt and pepper

Mix all the ingredients and cook slowly about 15 minutes. Lay the meat on foil paper, spooning the sauce generously over the meat. Wrap foil around meat, securing edges tightly so sauce cannot run out. Cook at 350° for about 2 to 3 hours until the meat is tender.

VEAL SCALOPPINE

1 lb. veal round (cut into 1/4 inch slices)
Salt and pepper
Flour
1 c. mushrooms (thinly sliced)
1/2 c. olive oil
1/2 c. cooking sauterne

Cut the veal into 10 to 12 pieces of similar shape and pound very thin (about 1/8 inch thick). Sprinkle with salt and pepper, then flour lightly. In a large skillet cook the mushrooms in 2 T. of the olive oil till tender (about 4 to 5 minutes). Remove the mushrooms and keep warm.

Add remaining olive oil to the skillet and heat. When hot, put in several pieces of the veal and brown over high heat, about 1 minute per side. Keep the cooked meat warm while browning the remainder. When all the meat is browned, return mushrooms and meat to the pan and add cooking sauterne. Cook at high heat for 1 minute. Arrange meat and mushrooms on warmed platter. Scrape bottom of the pan, stirring to mix pan drippings with sauterne and pour over the meat. Makes 4 servings.

LASAGNE

Vi Matson

3/4 lb. lasagne noodles
1 (family size) pkg. Schilling spaghetti mix
2 (6 oz.) cans tomatc paste
1 lb. mild Italian sausage
1 lb. ground beef
1 can mushroom pieces or caps in water
1 pt. Ricotta cheese
2 (6 oz.) pkgs. Mozzarella cheese (sliced)
Parmesan cheese

Prepare the spaghetti mix according to pkg. using tomato paste. Meanwhile, brown the ground beef and sprinkle with salt, pour off fat. Cut the sausage into chunks and place in pan with 1/4 inch of water. Cook until water evaporates and the sausage is browned. Drain.

Add meat to sauce. Boil the noodles in salted water until just tender. Place a little sauce in the bottom of a 9x13x2 inch pan. Top with a layer of noodles and spread with sauce. Top with half the Mozzarella and half the Ricotta in spoon fulls. Top with noodles and repeat with most of the sauce and the rest of the cheese. Top with noodles and the rest of the sauce. Sprinkle with Parmesan. Bake in a 350° oven for 40 to 45 minutes. Let stand 10 minutes before serving.

I always pass on good advice -- it is the only thing to do with it - it is never any use to oneself!

STUFFED DRUMSTICKS

Ollie Otterstad

8 large drumsticks
1/2 lb. mushrooms (small)
1/2 c. fresh parsley (chopped)
1/2 c. onion (chopped)
2 slices white bread (crumbled)
2 T. margarine
1/4 c. flour
1/2 tsp. salt
1/2 tsp. poultry seasoning
1/4 tsp. pepper
1 c. white wine (sauterne)
3 T. margarine

Remove the tendons and bone from the chicken drumsticks. Combine mushroom stems which have been chopped, chopped onion and parsley in a saucepan. Saute in the 2 T. margarine until onion is clear. Add bread and stuff chicken legs. Secure opening with a poultry pin, toothpick or twine. Combine the flour with seasonings and dredge the stuffed drumsticks. Place in a 9x13 inch baking pan with 3 T. margarine.

Bake at 350° for 30 to 45 minutes or until the chicken is tender. Cooking liquid may be increased by adding chicken bouillon and thickened if desired to serve with mashed potatoes. Serve garnished with mushroom caps and sprigs of parsley. Twice as good made today and frozen and served tomorrow.

ROULADEN (Germany)

Ollie Otterstad

8 slices top round (approximately 4x5 inch)
1 c. onion (chopped)
8 slices bacon (precooked)
8 strips carrot (precooked)
1/2 tsp. pepper
1 tsp. salt
1 tsp. paprika
1/2 c. flour
2 c. bouillon

Pound the meat to tenderize. Spread slices with chopped onion, then top with strip of bacon, cut in half, and strip of carrot. Roll up, then tie with a string going around several times crosswise and once lengthwise and tie securely. Roll roulades in flour blended with paprika, salt and pepper. Coat well and brown in a small amount of margarine or rendered fat. Add the beef bouillon and simmer until tender. Additional beef bouillon may be added to increase the amount of gravy -- thicken if necessary. May be baked the day before and only warmed before serving.

If you haven't got the time to do a job right, when will you have the time to do it over?

SWEET AND SOUR SPARERIBS

Gertrude O'Bannon

7 lbs. spareribs
1 small clove garlic for each lb. ribs
1 c. dark brown sugar
1 c. Shoyo
1/2 c. cider vinegar
Pinch of salt

GRAVY:
1 can (No. 2 1/2) sliced pineapple
4 T. cornstarch

Put all first ingredients into a large pot. Cook for 1 hour. Turn off the heat and let the ribs stand about 10 minutes. Oil will float to the top -- skim it off.

Make the gravy in a separate pot. Use juice from the pineapple. Mix with cornstarch. Take remaining liquid from the pot of ribs and add to this mixture. Boil, stirring until thickened. Pour this sauce over the ribs and stir to mix. Do not add pineapple until ready to serve. You never cook pineapple. Serve with hot rice.

BEEF STROGANOFF

Gertrude O'Bannon

1 T. flour
1/2 tsp. salt
1 lb. sirloin beef (cut into 1/4 inch strips)
2 T. butter
1 c. mushrooms (sliced)
1/2 c. onion (chopped)
1 clove garlic (minced)
1 c. dairy sour cream
2 T. cooking sherry
1 clove garlic (minced)
2 T. butter
3 T. flour
1 T. tomato paste
1 1/4 c. beef broth
1 can condensed beef broth

Combine 1 T. flour and salt. Dredge the meat in this mixture. Heat skillet and add butter. Add meat strips and brown quickly, flipping meat to brown evenly. Add the onion, garlic and mushrooms. Cook 3 to 4 minutes.

Remove meat and mushrooms from the skillet, add 2 T. butter and 3 T. flour and tomato paste. Blend and slowly pour in meat stock. Cook until thick, stirring constantly. Return meat and mushrooms, stir in sour cream and sherry. Heat briefly. Makes 4 to 5 servings. Serve over steamed rice.

No man in this world has more courage than the one who can stop after he has eaten one peanut.

LASAGNE WITH SAVORY MEAT SAUCE

Gertrude O'Bannon

1 lb. lasagne noodles
1 T. vegetable oil
5 c. savory meat sauce
2 c. cottage cheese or Ricotta (1 lb.)
1/2 c. Parmesan cheese (grated)
2 (8 oz.) pkgs. Mozzarella cheese
1/4 c. olive oil
1 T. salt
2 T. sugar
1/4 tsp. pepper
2 medium sized onions (chopped)
2 cloves garlic (minced)
2 lbs. ground beef
3 (No. 2) cans tomatoes (about 7 c.)
2 (6 oz.) cans tomato paste
1/2 c. water
1/4 c. parsley (chopped)
1/2 c. celery (chopped)
2 bay leaves
1 tsp. dried basil
1 tsp. oregano

For the meat sauce heat the olive oil in a large kettle, add onions and garlic and saute' 5 minutes. Add the ground beef, saute' until brown, breaking up the meat with a fork as it cooks. Stir in remaining ingredients beginning with the tomatoes. Bring mixture to a boil, reduce heat, simmer 3 hours, stirring occasionally or until the sauce is thick.

Remove the bay leaves, skim or chill and then skim off the hardened fat. Store.

On the day of use of savory meat sauce, heat while the noodles cook. Lightly oil a 9x13x2 inch baking dish. Slide lasagne noodle strips without breaking into a large kettle half filled with boiling salted water to which vegetable oil has been added. Cook, stirring, with a wooden spoon about 15 minutes or until almost tender. Drain and cover with cold water while filling the baking dish.

Line the bottom of the baking dish with a single layer of drained lasagen strips, spoon over about 1/4 of the meat sauce and Ricotta cheese. Top with 1/4 of the Mozzarella and Parmesan cheese. Repeat to make 4 layers, ending with the cheese topping. Bake in a moderate (350°) oven for 30 minutes or until hot.

CHICKEN DISH

Gertrude O'Bannon

2 chickens (cut up) or use just legs and thighs
Seasoned flour
Shortening (for browning)
1 to 2 boxes frozen artichoke hearts
1 to 2 cans mushrooms
Onions (chopped)
1/4 c. butter
1/4 c. flour
2 c. chicken broth
1/2 c. burgundy

Continued on next page.

CHICKEN DISH (Continued).

Brown the seasoned chicken, then put into a baking pan. Place the vegetables on top of the chicken. Make a sauce by melting the butter, stir in flour, broth and burgundy. Cook until thickened. Pour over the chicken and vegetables and bake in a 350° oven for 1 hour or until the chicken is cooked.

NEW ENGLAND CHICKEN PIE — Jerry Hoffner

1 (4 1/2 lb.) stewing chicken
3 c. hot water
Salt
3/4 c. slivered carrots (cooked)
3/4 c. frozen peas (thaw)
1 (8 oz.) can white onions
3 tsp. parsley (snipped)
Pastry for 10 inch double crust pie
3 T. butter
3 T. flour
1/4 tsp. pepper
1 c. light cream
3/4 c. milk or chicken broth

Simmer the chicken, quartered, in water with 1 T. salt, covered for 2 to 2 1/2 hours or until tender. (Add water if needed.) Cut the chicken meat into chunks.

In a bowl combine the 3 c. chicken, carrots, peas, drained onions and parsley. Make up pastry or pie crust mix and line a 10 inch pie plate with half the pastry. Extend it 1 inch over the edge. Roll the other half of the pastry into a rectangle and cut into 12 (1/2 x 14 inch) strips.

Melt the butter, stir in flour, 1 1/2 tsp. salt and pepper. Cook, stirring 2 to 3 minutes. Remove from the heat, stir in the cream and milk or broth. Cook stirring, until thickened. Remove from the heat. Spoon the chicken into pie plate and pour on the sauce. Moisten the rim of the bottom crust with water. To it attach one end of the pastry strip; press; twist strip across the filling, press to rim on the opposite side. Repeat with 5 more strips. Then repeat with 6 more twisted strips placed across first ones. Turn up bottom crust overhang and ends of strips. Press and flute. Bake in a preheated 425° oven for 10 minutes, then reduce heat to 350° and bake 45 minutes. Serve hot, cut into wedges. Serves 6 to 8.

The oyster makes a pearl out of his irritation - what do you make out of yours?

COMPANY CREAMED TUNA — Jerry Hoffner

2 T. onion (chopped finely)
3 T. butter or margarine
1/4 tsp. salt
Dash of pepper
1 1/4 c. milk
1/2 c. dairy sour cream
1 (6 1/2, 7 or 9 1/4 oz.) can tuna (drained)
3 T. sherry (cooking)
2 T. parsley (chopped)
Toasted almonds (slivered)
Puff pastry shells or toast points

Cook onion in butter until tender, but not brown. Blend in the flour, salt, and pepper. Add the milk. Cook and stir until the mixture thickens. Stir in sour cream. Add the tuna, cooking sherry and parsley. Heat through. Sprinkle with toasted almonds if desired. Serve in pastry shells or spooned over toast points. Makes 4 servings. Serve with buttered broccoli or asparagus.

ANTHONY'S FRIED SHRIMP (Crisp 'n' Tender Home-fried)

For 3 or 4 servings, shell, vein, rinse and dry 1 to 1 1/2 lbs. fresh shrimp.

1 egg (beaten)
1 T. ketchup
1 tsp. parsley (chopped)
1/4 tsp. salt
Dash of pepper

Combine in a bowl and beat for 2 minutes. In another bowl combine:

1/2 c. Rice Krispies (finely crushed)
1/2 c. dry bread crumbs or cracker crumbs (finely ground or crushed)
1 tsp. dry cheese (such as Parmesan - grated)

Dip the prepared shrimp first into the egg batter, then roll in the dry ingredients. Pan fry or deep fat fry:

To pan fry pour vegetable oil about 1/4 inch deep into a heavy skillet. Preheat oil until a few sprinkled drops of water bounce from the hot oil. Fry shrimp in hot oil about 3 minutes on each side or until a golden brown.

To deep fry preheat vegetable oil until the thermometer registers 350°. Drop shrimp into hot oil and cook for 5 minutes or until a golden brown.

MRS. H'S WRAP-UPS — Jerry Hoffner

1/2 lb. ham (cubed)
1/2 lb. cheese (cubed or grated - Swiss is great)
1/3 c. green onion (chopped)
2 eggs (hard boiled - chopped)
6 olives (chopped)
3 T. mayonnaise
1/2 c. chili sauce
1 pkg. hot dog buns

Continued on next page.

MRS. H'S WRAP-UPS (Continued).

Toss all the ingredients together and put about 2 T. in each bun. Wrap in foil lightly and bake in a 400° preheated oven for 10 to 12 minutes (until heated through and the cheese is melted).

CHICKEN RISOTTO

Ann Rossell

1/2 lb. pork sausage links (cut up)
1 frying chicken (cut up)
1 small green pepper (chopped)
1 clove garlic (minced)
2 (8 oz.) cans tomato sauce
1 c. water
1 tsp. salt
1 c. raw rice (regular)
1/4 c. Parmesan cheese (grated)

Brown the sausage in a large skillet. Remove the sausage and brown the chicken pieces. Add the green pepper, onion, and garlic. Cook until soft. Add the remaining ingredients, except the cheese. Cover and simmer 45 minutes, stirring occasionally. Sprinkle with cheese and serve with rice pilaf.

MOUSSAKA (Eggplant casserole - Greek style)

Ann Rossell

1/2 c. olive oil
2 medium eggplants
1 lb. ground round
2 medium onions (chopped fine)
2 T. parsley (minced - may omit)
1 tsp. salt
Pepper to taste
1 c. dry white wine
1 c. water
1 T. tomato paste
4 to 5 T. bread crumbs
3 T. cheese (grated)
2 c. Krema

Cut the eggplant into medium thin slices and brown lightly in olive oil. Remove from the pan and drain on paper towel. Saute' meat and onions. Add parsley, water, tomato paste, wine and simmer for 30 minutes.

Butter a baking dish and arrange layer of eggplant, layer of meat mixture until the dish is 3/4 full. Cover with cream sauce (Krema) and sprinkle with bread crumbs. Bake for 30 minutes in a 350° oven. Cut into squares to serve.

A good way to start the day is with your eggs -- and your face -- sunny side up!

BAKED SLOPPY JOES

Jerry Hoffner

1 1/2 lbs. ground meat
1 pkg. Sloppy Joe powder
1 (6 oz.) can tomato sauce
1 1/2 tsp. onion (minced)
1/2 tsp. salt
2 cans crescent rolls
1 c. Cheddar cheese (4 oz. -- grated)
1 T. milk
1 tsp. sesame seeds

Grease a 9x13 inch baking pan or dish. Preheat the oven to 425°. Brown the ground meat and drain off the excess fat. Stir in the sloppy joe powder, tomato sauce, salt and minced onion. Simmer just to soften the onion. While the meat simmers press 1 pkg. crescent rolls (opened flat) into the bottom of the prepared pan. Spoon the meat mixture evenly over the dough almost to the edges, then sprinkle cheese over all. Place the second pkg. of rolls over this and brush with milk. Sprinkle with sesame seeds and bake 15 to 20 minutes or until a golden brown. Cut into squares to serve. Serves 8.

DUXBURY BURGERS

Elsie Dauber

1 (8 oz.) pkg. ready mix herb-seasoned stuffing
1 1/4 c. hot water
1 can whole cranberry sauce
1 T. prepared mustard
8 Hero rolls (split)
2 eggs (slightly beaten)
1/2 c. margarine (melted)
3 lbs. ground beef
2 T. oil
1 (11 oz.) can beef gravy

Combine the stuffing, hot water, butter in a large bowl. Toss. Stir in the eggs and cool completely.

Divide the beef into 8 parts. Shape each into a 4 inch square. Roll between sheets of waxed paper to an 8 inch square. (Tip: to prevent slipping, lay paper on top of a damp paper towel.) Sprinkle meat with salt. Spread about 1/3 c. of the cooled stuffing mix over each. Roll up, jelly roll fashion and place in a single layer on a cookie sheet. Cover and chill until cooking time.

Combine the cranberry sauce, oil and mustard in a blender. Beat until smooth. Place meat on grill 6 inches above the coals. Grill 10 minutes, then turn. Grill 10 minutes longer, brush with cranberry mixture. Continue cooking, turning and brushing, for 5 minutes or until the meat is glazed and done. While the meat cooks, heat gravy. Warm rolls and place each burger in a roll. Garnish with small onion rings.

The man who says it can't be done is liable to be interrupted by someone doing it.

KING-SIZE BURGER

Pat Morgan

CRUST:

1/2 c. mashed potato flakes
1 T. sugar
2 c. flour
1 tsp. cream of tartar
1 tsp. soda
1/2 c. milk
1/4 c. mayonnaise
1/2 c. Cheddar cheese (shredded)
1/3 c. butter or margarine
2 T. butter (melted)

Combine 1/4 c. potato flakes with melted butter. Set aside. In a large bowl combine 1/4 c. potato flakes, flour, sugar, cream of tartar and soda. Cut in the butter until the mixture resembles coarse crumbs. Add milk and mayonnaise; blend until a soft dough forms. Divide in half; and shape into balls. Roll out one half on floured surface to a 9 inch circle. Place on a greased cookie sheet.

Spread the filling to within 1/2 inch of the edges. Sprinkle with cheese. Roll out the remaining dough, place on filling - sealing edges. Brush with milk, sprinkle with the buttered potato flakes and bake at 375° for 20 to 25 minutes or until a golden brown.

FILLING:

1 1/2 lbs. ground beef
1 tsp. salt
3/4 c. potato flakes
1/3 c. catsup
1 T. mustard
1/2 c. onion (chopped)
1/4 tsp. pepper
1 egg
1/3 c. hamburger relish or sweet pickle relish

Saute the ground beef, onion, salt and pepper until browned. Add the remaining ingredients and blend well.

SWEET AND SOUR PORK CANTONESE

Pat Morgan

2 lbs. pork shoulder (boned - cut into 1 inch pieces)
1 (3 oz.) can mushrooms
1 (14 oz.) can pineapple tidbits
1/3 c. molasses
1/4 c. vinegar
2 green peppers (cut into strips)
2 medium onions (sliced)
1 1/2 T. cornstarch
6 c. rice (cooked)

Brown the meat. Drain mushrooms and pineapple. Combine and measure juices; add enough water to make 2 c. liquid. Add to the skillet. Bring to a boil and simmer, covered, 1 hour. Stir in the molasses, soy sauce and vinegar. Add mushrooms, pineapple, green peppers and onion. Cook 15 minutes longer. Blend cornstarch with a small amount of water. Stir into hot mixture and cook, stirring, until slightly thickened. Serve with hot rice. Makes 6 servings.

CHICKEN A LA BERG

Ginger Berg

2 whole chicken breasts
4 slices baked ham or Canadian bacon
1 large onion
1/2 lb. fresh mushrooms
1/2 pt. whipping cream
Butter, nutmeg and Parmesan cheese

Poach the chicken breasts, then skin and bone. Keep the chicken in large pieces. Saute the onion and mushrooms in butter. Add a good dash of nutmeg. Put onion, mushroom mix in bottom of a baking pan or dish. Put ham pieces over this, placing chicken pieces on top of them. Pour cream over and sprinkle with cheese. Bake at 350° for 45 minutes.

SASSY ZUCCHINI

Dorothy Saleebey

1 lb. ground beef
1 onion (1 c. - chopped)
2 c. canned tomatoes (cut up)
3/4 c. water
1 pkg. spaghetti sauce mix
1 tsp. salt
1 c. packaged rice (precooked)
4 c. zucchini (1 1/2 lbs. - sliced thin)

In a large skillet cook the meat and onion. Add the undrained tomatoes, water, spaghetti sauce mix and salt. Bring to a boil. Add the rice and zucchini. Place in a casserole and cover. Bake for 30 minutes or cook on top of the stove in a skillet for 20 minutes. Serves 8.

INDIAN MEAT LOAF

Dorothy Saleebey

1 1/2 lbs. lean ground beef
1 egg
1/2 c. cornmeal
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. sage
1/2 c. onion (chopped)
1/4 c. green pepper (chopped)
1/2 c. cream style corn
1 1/4 c. canned tomatoes or tomato sau

Combine all the ingredients mixing well. Pack into a 9x5 inch loaf pan and bake at 350° for 1 1/2 hours.

HEAVENLY STUFFED CHICKEN BREASTS

Ann Rossell

6 whole chicken breasts (boned)
3/4 c. margarine or butter
1 c. apples (diced)
1/2 c. raisins and nuts (each)
1 (20 oz.) can crushed pineapple
1 c. bread crumbs (toasted)
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. ginger
1/4 tsp. cloves

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HEAVENLY STUFFED CHICKEN BREASTS (Continued).

Melt 1/2 c. margarine in a skillet. Add the apples and nuts. Cook 10 minutes. Remove from the heat and add the raisins, 1/2 c. drained pineapple (reserve remainder and the syrup), bread crumbs and mix well, with spices.

Sprinkle inside the breasts with 1/2 tsp. salt. Place 1/3 c. stuffing inside each breast (after deboning by removing rib cage). Fold over breasts and fasten with skewers. Place the remaining 1/4 c. butter in a foil lined pan. Place in the oven for 5 minutes until butter melts. Place breasts, skin down, in the pan and bake for 25 minutes in a moderate oven (until brown). Turn and bake 20 minutes more. Serve with fruit sauce.

FRUIT SAUCE:

1 T. sugar
1 T. cornstarch
1/8 tsp. salt
1/8 tsp. ginger
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1 c. orange juice
Remaining pineapple and syrup
1/4 c. raisins
1 T. margarine or butter
Peel (slivered) and sections of 1 orange

Combine sugar, cornstarch, salt, cinnamon, nutmeg, ginger and blend well. Mix in the orange juice. Add pineapple and syrup, raisins, margarine and peel. Blend. Cook and stir over a medium heat until the mixture thickens. Add orange sections and heat. Spoon over breasts and serve. Serve with rice - plain or pilaf. Any leftover breasts can be rewarmed in foil. (Goes with the Heavenly Stuffed Chicken Breasts.)

SHERRIED BEEF — Ginger Berg

3 lbs. stew beef or round steak (cut into cubes)
2 cans mushroom soup
1 pkg. onion soup
3/4 c. sherry
1/2 lb. fresh mushrooms

Combine all the ingredients. Cover and bake 3 or 4 hours at 350°. Serve over rice. Serves 6 to 8.

No matter what happens - there is always somebody who knew it would!

HOT TAMALE CABBAGE

Freda Byers

1 lb. sausage
1/4 lb. hamburger
3/4 T. cinnamon
1/2 tsp. red pepper
1/2 tsp. black pepper
2 or 3 garlic pods
1 c. rice (cooked or instant or minute)

Mix the ingredients. Roll in a cabbage leaf; cover with tomato paste and cook slowly for 1 hour.

SHERRIED BEEF

Beverly Mitchell

2 lbs. stew beef
1 can cream of mushroom soup
1/2 pkg. onion soup mix
1/2 c. cooking sherry

Combine the ingredients and bake for 3 hours covered, at 300°. Serve on rice.

PIES - PASTRIES

PIES - PASTRIES

CRAZY CRUST APPLE PIE

1 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 T. sugar
1 egg
2/3 c. shortening
3/4 c. water

Blend well in a small mixer bowl and beat 2 minutes. Pour the batter into a 9 inch pie pan.

1 (1 lb. 5 oz.) can apple pie filling

Combine:
1 T. lemon juice
1/2 tsp. apple pie spice

Pour filling into the center of the batter. Do not stir. Bake at 425° for 45 to 50 minutes. Any canned pie filling may be substituted for apple.

JELLO ICE CREAM PIE

1 box Jello (any flavor)
1 1/4 c. boiling water

Dissolve Jello in water. Add 1 pt. ice cream and beat together. Let chill until thickened. Add 1 box frozen strawberries and pour into a baked pie shell. Garnish top with a few whole strawberries. Keep refrigerated.

PECAN PIE

Mrs. Louise Carter

3 eggs
2/3 c. sugar (brown or white)
Dash of salt
1 c. dark corn syrup
1/3 c. butter or margarine (melted)
1 c. pecans
1 pie shell (9 inch - unbaked)

Beat the eggs thoroughly with sugar, salt, corn syrup and melted butter. Add the pecans. Pour into a pie shell and bake in a 350° oven for 50 minutes or until a knife comes out clean. Cool before serving. It always comes out right and disappears fast.

FAMOUS LEMON PIE

Grace Olson

3 T. cornstarch
1/4 c. lemon juice
3 eggs (separated)
1 1/2 c. sugar
1 T. lemon rind (grated)
1 1/2 c. boiling water
6 T. sugar
1 pie shell (9 inch - baked)

Continued on next page.

FAMOUS LEMON PIE (Continued).

Combine the cornstarch, 1 1/2 c. sugar, lemon juice and lemon rind. Beat egg yolks, add to cornstarch mixture. Gradually add boiling water. Put over heat and cook until thick, about 4 minutes. Put into baked pie shell. Beat the egg whites until stiff, but not dry. Gradually beat in 6 T. sugar and spread the meringue over the top of the pie. Bake in a hot (425°) oven for 4 to 5 minutes until brown.

MOLASSES CRUMB PIE — Gretchen Helder

LIQUID:
1/2 T. soda dissolved in 3/4 c. boiling water
1/2 c. molasses
1 egg yolk (well beaten)

CRUMBS:
3/4 c. flour
1/8 tsp. nutmeg
1/8 tsp. ginger
1/8 tsp. cloves
1/2 c. brown sugar
2 T. shortening
1/2 tsp. cinnamon
1/4 tsp. salt

Combine ingredients working in Crisco, lard or other shortening. Line pie plate with pastry. Make alternate layers of crumbs and liquid. Top with crumbs. Bake in a hot oven until the crust edges start to brown. Reduce heat and bake until firm (20 minutes).

RAISIN PIE — Marie Lesh

1 pie crust (unbaked)
1 c. sugar
1/4 lb. margarine
2 eggs
4 T. water
1 c. raisins

Cream the sugar and margarine. Add the eggs and beat well. Add water and raisins. Pour into crust and bake at 400° for 15 minutes; then at 350° for 45 minutes.

GLAZED BOYSENBERRY PIE — Dorothy DeMarce

1 pie shell (9 inch - baked)
5 c. fresh boysenberries
1 1/4 c. sugar
2 heaping T. cornstarch
1 c. water
1 T. butter

Wash and hull the boysenberries. Set aside 1 c. berries for glaze. Dry remainder on paper towels.

Continued on next page.

GLAZED BOYSENBERRY PIE (Continued).

GLAZE:

Boil 1 c. water with 1 c. berries 5 minutes. Mash and strain. Mix the cornstarch with sugar, add to juice and cook 3 minutes. Remove from fire and add the butter.

Arrange the dried berries in a baked, cooled pie shell and spoon the glaze over them. Chill. Serve with sweetened whipped cream.

CHERRY ALMOND PIE

Rachel Basich

Make a 1 crust (8 inch) pie shell, but add 1/2 c. slivered almonds to the dough before rolling. Bake till done.

1 can Eagle Brand sweetened condensed milk
1/3 c. lemon juice
1/2 tsp. vanilla
1/4 tsp. almond extract

Combine. Then fold in 1/2 c. cream that has been whipped stiff. Pour into baked pie shell.

1/2 c. sugar
1 T. cornstarch
Juice from 1 can sour red cherries

Put into a saucepan and cook until clear and thickened slightly. Add a few drops of red food coloring. Add the cherries and let cool to room temperature. Pour over the top of the pie and put pie in the refrigerator until serving time. Makes 5 or 6 servings.

BROWNIE PIE

Dorothy Saleebey

3 egg whites
3/4 c. sugar
1/2 c. nuts (chopped)
1/2 tsp. vanilla
1 c. whipping cream (whipped and sweetened and flavored with vanilla)
Salt
3/4 c. fine chocolate wafer crumbs

Beat the egg whites with salt until soft peaks form. Gradually add the sugar, beating until very stiff. Fold in the crumbs , nuts, and vanilla. Spread evenly in a lightly buttered pie plate. Bake in a slow (325°) oven for 35 minutes. Cool thoroughly.

Spread with sweetened and flavored whipped cream. Chill 4 hours or over night.

While money isn't everything - it does keep you in touch with your children!

OUT-OF-THIS-WORLD STRAWBERRY PIE

Prepare a pie shell from:

1 1/4 c. flour
1/4 tsp. salt
7 T. soft butter
3 to 4 T. ice water

Bake in a preheated 450° oven for 12 to 15 minutes. When ready and cool fill the pie shell with pure almond paste from 1 (8 oz.) can.

On top place enough large, fresh strawberries to cover. Pour the following syrup over all and chill in the refrigerator.

SYRUP:

1 c. crushed strawberries
1 c. sugar
2 T. cornstarch

Boil until transparent. When the pie is chilled (about 3 hours) cover with 1 pt. sour cream into which you gently mix 5 T. of the best orange marmalade.

DIVINE LIME PIE

MERINGUE SHELL:

4 egg whites
1/4 tsp. cream of tartar
1 c. sugar

FILLING:

4 egg yolks (well beaten)
1/4 tsp. salt
1/2 c. sugar
1/3 c. lime juice
1 T. lime rind (grated)
1 c. heavy cream (whipped)
1 c. heavy cream

Beat egg whites and cream of tartar until frothy throughout. Beat the sugar in gradually. Continue beating until very stiff and glossy. Spread in a lightly greased 9 inch pie pan, making a slight depression in the center. Bake at 275° for 20 minutes, then increase to 300° and bake 40 minutes more. Cool slowly.

Mix together egg yolks, salt, sugar and lime juice. Cook over low heat 10 minutes or until thick. Cool. Tint pale green with food coloring if desired. Fold in lime rind and the whipped cream. Spread over the baked meringue shell. Whip the remaining 1 c. cream. Sweeten, if desired. Spread over the filling and sprinkle with grated lime rind. Chill at least 4 hours. Serves 8.

Your future lies before you like drifts of pure, white snow - be careful how you tread it for every step will show!

STRAWBERRY OR RASPBERRY PIE

Vi Matson

1 (10 oz.) pkg. frozen berries
3/4 c. sugar
1 pkg. Jello

This is enough filling for 2 pies. Boil the berries and sugar a few minutes, then add 1 pkg. Jello (either strawberry or raspberry) depending on the berries used. Set this aside to cool.

When it begins to congeal, whip 1 tall can unsweetened evaporated milk which has been cooled in the freezer until slightly crystalized. Fold the whipped milk into the fruit- Jello mixture and pour into 2 baked pie shells.

Cool in the refrigerator. May be served with or without whipped cream. This filling may also be used with a graham cracker crust.

LEMON TANG MINCE PIE

3 T. soft margarine
1/8 tsp. salt
1/4 c. sugar
2 T. flour
2 egg yolks
1 c. milk
Rind of 1 lemon (grated)
Juice of 1 lemon
2 egg whites (beaten stiff)
2 c. mince meat (fairly dry)
1 pie shell (unbaked)

Combine the margarine, salt, sugar and flour. Mix well. Add the egg yolks, milk, lemon juice and rind. Beat until smooth. Fold in the stiffly beaten egg whites. Spread the mincemeat in the unbaked pie shell. Pour the lemon mixture over the mincemeat and bake in a hot (425°) oven for 10 minutes, then reduce the heat to 350° and bake 45 to 50 minutes more.

ANGEL WALNUT PIE

Grace Ahlquist

3 egg whites
1 c. granulated sugar
1 tsp. baking powder
1 tsp. cream of tartar
3/4 tsp. vanilla
20 Ritz crackers (crushed)
1 c. walnuts (chopped)

Beat egg whites until foamy. Combine sugar, baking powder and cream of tartar and gradually add to the whites of the eggs. Beat until still the consistency of marshmallow topping.

Add vanilla, crushed crackers and walnuts, folding in gently. Pour into greased (9 inch) pie tin and bake at 375° for 25 minutes. Cool and refrigerate. Top with whipped cream, sweetened, to serve.

CHEESE PIE

Bunny Hurtt

CRUST:

1 c. graham crackers (crushed)
7 T. butter (melted)
1 tsp. cinnamon
2 T. confectioners' sugar

FILLING:

6 small pkgs. Philadelphia cream cheese
3 eggs
2/3 c. sugar
1 tsp. vanilla

To prepare crust, mix and pat into a 9 inch square pan. Bake in a 350° oven for 15 minutes.

To prepare filling beat the eggs, add sugar and cheese. Mix well and add the vanilla. Pour into the cooled crust. Bake at 350° for 20 minutes.

TOPPING:

1 tsp. vanilla
1 pt. sour cream
2 T. sugar

Mix and put on top of the cooled pie. Bake at 475° for 5 minutes. Cool and refrigerate.

SONATA PIE

1/2 c. almonds (finely chopped)
3 or 4 large apples
1/2 (No. 2) can crushed pineapple
3 or 4 T. candied ginger (chopped)
1/3 c. sage honey
1/2 c. brown sugar
1/2 tsp. cinnamon
Butter
Juice of 1/2 lemon

Line a 9 inch pie dish with pastry and press half the nuts into the bottom. (Or, save all the nuts to press into the top crust if preferred.)

Boil the ginger in 1/4 c. pineapple juice for 5 minutes. Mix into combined drained pineapple and apples (pared and sliced). Fill pie dish with the fruit. Season with a dash of salt, honey, brown sugar, cinnamon and lemon juice. Dot with butter.

Roll out top crust, mark circle of pie dish on it and press remainder of the nuts (if not in the bottom crust) into marked circle. Cover the pie and prick holes in the top crust. Bake at 450° for 12 minutes, then reduce heat to 350° for 45 minutes longer.

It is not advisable to tell everything you know -- it is best to know everything you tell!

CHESS PIE

Bunny Hurtt

1/2 c. butter
2 eggs (beaten)
1 c. sugar
1 c. dates
1 c. walnuts

Mix and put into muffin tin lined with pastry dough. Bake at 325° for 45 minutes. Makes 12. May be served with or without whipped cream.

RAINBOW ICE CREAM PIE

Jane Black

(It looks gorgeous! A great summer dessert.)

1 pastry shell (9 inch -baked)
1 pt. lime sherbet
1 pt. vanilla ice cream
1 pt. lemon sherbet
1 pt. strawberry ice cream

Line a pie shell with lime sherbet and freeze. In a mixing bowl blend the vanilla ice cream and lemon sherbet. Spread on the lime layer and freeze. Scoop strawberry ice cream on top layer and freeze. (Ice cream scoop round mounds look pretty.)

For best results, prepare this part of the pie at least 1 day prior to serving. Remove from the freezer to refrigerator about 15 to 20 minutes before slicing and serve with lemon sauce. The sauce may be made ahead and reheated just before serving.

LEMON SAUCE:

1/4 c. sugar
2 tsp. cornstarch
1 c. water
1 egg (beaten)
2 T. butter
2 T. lemon juice
1/2 tsp. lemon rind (grated)

In a saucepan combine sugar, cornstarch and gradually add the water. Cook until thickened. Blend a little into egg, return all to the saucepan. Heat and stir 2 minutes. Remove from the heat, add butter, lemon juice and rind. Cool slightly and serve over ice cream pie. Makes 8 to 10 servings.

LEMON CHEESE TORTE

1 pkg.lemon gelatin
1 c. boiling water
1 (8 oz.) pkg. cream cheese
1/2 c. sugar
1 tsp. lemon flavor
1 1/4 c. evaporated milk (whipped)
1 graham cracker crust (prepared)

Continued on next page.

LEMON CHEESE TORTE (Continued).

Dissolve gelatin in boiling water. Cool until it just begins to set. Cream together cheese, sugar, lemon flavor. Add the gelatin. Mix well.

Whip the milk according to the directions on the can. Fold the whipped milk into gelatin mixture and pour filling into the crust. Chill several hours or over night.

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SALADS - SALAD DRESSINGS

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PORTUGUESE FRUIT SALAD (Compote) — Elsie Silva

2 fresh pears (peel and slice lengthwise)
2 bananas (sliced)
4 T. moist golden raisins
1/2 c. sweet Port wine
1/4 c. orange juice
2 T. lemon juice
4 to 6 T. sugar
About 1/2 c. filberts (coarsely chopped - lightly toasted)

Combine the pears, bananas, and raisins in a serving bowl. Mix Port, orange juice, lemon juice and sugar. Pour over and chill thoroughly. Just before serving, sprinkle with the nuts.

PINEAPPLE CHIFFON SALAD

1 pkg. lime gelatin
3/4 c. boiling water

Combine and stir until dissolved. Chill until the mixture begins to set. Add:

1 (8 oz.) carton small curd cottage cheese (1 c.)
1 (No. 2) can crushed pineapple (2 1/2 c. drained)
1/4 c. nuts (chopped -- if desired)

Mix well and fold in 1/2 pt. heavy cream (whipped). Turn into a 1 qt. mold or individual molds and chill until firm. Unmold onto lettuce.

BROCCOLI SALAD — Jan Williams

Cook chopped broccoli until tender, but not mushy. Add:

Salt
Sweet pickles (chopped)
Eggs (hard boiled - chopped)
Green onions (chopped finely)
Mayonnaise (thinned with sweet pickle juice)
Salt and pepper

Make as you do potato salad, omitting the potatoes.

CABBAGE SALAD — Matilda Meitzler

3 lb. head of cabbage (chopped fine)
1 (No. 2) can crushed pineapple
1 lb. marshmallows (cut into small pieces)
1 c. mayonnaise

Mix all ingredients with the 1 c. mayonnaise and season to taste.

SIX CUP SALAD

Edna Holmes

1 c. pineapple (diced)
1 c. miniature marshmallows
1 c. coconut (shredded)
1 c. sour cream
1 c. mandarin oranges
1 c. canned grapes

Combine ingredients (chilled) and serve. Nuts and maraschino cherries may be added if desired.

COTTAGE CHEESE SALAD

Melda Beckett

1 pkg. lemon Jello
1 c. hot water
1 c. creamed cottage cheese
1 c. celery (chopped fine)
2 T. bell pepper (chopped)
1 tsp. onion (grated) or onion juice
1 c. mayonnaise
Red pimiento (for color)

Combine Jello and hot water. Chill, but not too firm. Beat until foamy. Add the rest of the ingredients and chill until firm.

MANDARIN PINEAPPLE SALAD

Helen Little

3 c. chicken (cooked)
1/2 bottle capers (drained)
2 T. lemon juice
2 T. green onions (chopped)
1 tsp. salt
1 c. celery (thinly sliced)
1 c. pineapple chunks (drained)
1 c. mandarin orange sections (reserve a few for garnish)
1 c. seedless grapes (fresh or canned)
1/2 c. toasted slivered almonds
1/2 c. mayonnaise (Do NOT use salad dressing)
1/2 tsp. lemon rind (grated)
Ripe olives

Mix and chill the first 6 ingredients for several hours. Just before serving add the pineapple chunks, mandarin orange sections, grapes and almonds.

Add to the entire mixture 1/2 c. mayonnaise and lemon rind. Garnish with ripe olives and orange slices. Makes 6 large or 8 small portions. (Served often at LCW luncheons.)

JELLO-CRANBERRY MOLD SALAD

Em Rafferty

2 pkgs. raspberry Jello
2 c. hot water
1 (8 oz.) can crushed pineapple (undrained)
1 can whole cranberries
1 c. celery
3/4 c. Tawny Port Wine
3/4 c. nuts (chopped)

Dissolve Jello in hot water. When cold add the other ingredients. Chill until firm. Fits nicely into an 8x12 inch Pyrex dish. Serves 12.

FRUIT SALAD

Margaret Heinichen

1 pkg. lime Jello (prepared)
1/2 pt. whipping cream
1 lb. grapes with the seeds removed
1 pkg. orange Jello (prepared)
3 bananas
1 c. nuts

In a glass dish cover the bottom of the dish with alternate spoonsful of the two Jellos, 1 layer of whipped cream, 1 layer of sliced bananas, 1 layer grapes and a sprinkling of nuts. Make another layer the same as the first and cover the top with whipped cream. Serves about 8.

PINEAPPLE CHEESE SALAD

Mrs. Oscar Olson

1 can crushed pineapple
2 (3 oz.) pkgs. cream cheese
1 c. cream (whipped)
1 pkg. lemon Jello
1/2 c. cashew nuts

Heat the pineapple and dissolve Jello in it. Let set partly, add the rest of the ingredients. Break the cheese into bite sized pieces. Pour into a mold.

TACO SALAD

Dorothy Fiori

1 lb. ground round
1 medium head lettuce
2 large solid tomatoes
1 large onion
1/4 lb. sharp Cheddar (grated)
1/2 can Las Palmas chili sauce (yellow can)
1 (19 ¢) bag Fritos

Brown the meat, chili sauce and onion over low fire for 30 minutes. While this is cooking, chop the tomatoes, lettuce and grate the cheese. Mix in a large salad bowl with Fritos. When meat mixture is ready mix in well with the other ingredients. Serve immediately. Add extra hot chili sauce if desired, for more flavor.

FAVORITE FRUIT SALAD

Elsie B. Silva

1 (1 lb.) can fruit cocktail
1 (11 oz.) can mandarin oranges
1 (13 1/4 oz.) can pineapple tidbits
1 c. small marshmallows
1/2pt. sour cream
2 bananas (ripe - but firm)
1 T. sugar

Drain the fruit well. Mix the sugar with sour cream. Combine all except the bananas and chill. Just before serving mix in the sliced bananas. Serves 6.

ZUCCHINI SALAD

Gen Lee

2 eggs (hard boiled - grated)
2 medium zucchini (grated)
1 c. lettuce
Garlic salt
1 small onion (sliced)
1 c. cheese (grated)
Salt, pepper and dill weed

Toss and use Italian dressing.

ALL-GREEN SALAD

Evelyn Seyffert

French dressing (bottled or home made)
1 (1 lb.) can green beans
1 small head of lettuce
2 c. spinach (uncooked - shredded)
1 avocado (dice or slice)
1/2 tsp. curry powder

Drain the liquid from the can of green beans and fill the can with French dressing. Return green beans to the refrigerator to marinate 2 hours. Wash the greens well. Drain and refrigerate. When chilled, and crisp, tear lettuce and spinach into a salad bowl. Drain green beans, saving the dressing. Shake curry powder into dressing at this point.

Add green beans and avocado to the salad and toss, using only enough of the dressing to moisten. If desired, sprinkle with crushed dry roasted peanuts or chopped hard cooked eggs or grated Swiss cheese -- for 3 different accents.

CHICKEN SALAD

Jerry Hoffner

1 chicken (boiled - cut into pieces)
1 large can water chestnuts (sliced)
2 (8 1/4 oz.) cans seedless grapes (or fresh in season)
1 c. celery (sliced)
1 c. macadamia nut bits or slivered almonds
1 1/2 c. mayonnaise
1 1/2 tsp. curry powder
1 T. soya sauce

Toss all ingredients together and chill. Serve on Boston or Bibb lettuce if possible. Garnish with fresh or canned pineapple chunks and more nuts. Serves 6 to 8.

Even a fish would not get into trouble -- if he kept his mouth shut!

MEXICAN CHEF'S SALAD

Jerry Hoffner

1 medium onion (chopped)
4 tomatoes (chopped)
1 head lettuce (shredded)
4 oz. Cheddar cheese (grated)
1 (8 oz.) bottle 1000 Island or French dressing
Hot sauce
1/4 tsp. salt
1 bag Doritos tortilla chips (plain or Taco flavored - crushed)
1 large avocado (sliced)
1 tomato (sliced)
1 lb. ground beef
1 (15 oz.) can kidney beans (drained)

Brown the ground beef in a skillet. Add the kidney beans, salt and simmer 15 minutes. In a large salad bowl combine the onion, tomatoes, cheese and salad dressing. Toss. Add the broken tortilla chips and a dash of hot sauce. Add the beef mixture and toss lightly. Decorate with sliced avocado and sliced tomato. Serves 6 to 8.

TACO SALAD

Gladys Hagey

1 head lettuce (cut)
6 to7 tomatoes (largely cubed)
10 oz. sharp cheese (grated)
1 1/2 lbs. ground meat
1 can tomato sauce
Salt
Pepper
Garlic
Chili powder
1 (53¢) pkg. Fritos

Brown the meat and add tomato sauce, salt, pepper, garlic and chili powder to taste. Toss the lettuce, tomatoes, cheese and meat mixture together. Add the Fritos (slightly broken) and toss. Serve immediately. Caution: Do not add the Fritos until just before serving. Serves 6.

CHICKEN SALAD SURPRISE

Marie Lesh

1 jar chicken or leftover chicken
3 c. celery (finely chopped)
3 eggs (hard boiled)
3/4 c. nuts (finely chopped)
3/4 c. Best Foods mayonnaise
Potato chips (crushed)

Mix all the ingredients together except the potato chips. Place in a flat pan, top with potato chips and bake at 375° for 12 minutes.

Thanksgiving begins in the heart - not on the table as some appear to believe!

CHERRY SALAD

1 c. crushed pineapple
2 pkgs. cherry Jello
2 medium "Cokes"
1 c. Bing or black cherries (use fairly large can--pit)

Drain the fruit to get 2 c. juice (add water to make the 2 c. if necessary). Put on to boil. Pour over the Jello and mix well. Cool.

Add the 2 "Cokes" (2 c.) and put into the refrigerator. When it starts to jell add the fruit and nuts (if desired). Return to the refrigerator and chill. Serve in mold or cut into squares.

Use a large mixing bowl because Jello will cause a reaction and overflow.

24 HOUR SALAD

Betty Steinmann

1 (No. 2) can pineapple tidbits
1 (1 lb.) can cherries (pitted)
3 egg yolks
2 T. vinegar
2 T. sugar
Dash of salt
1 T. margarine
1 can mandarin oranges
2 c. tiny marshmallows
1 c. cream (whipped)

Drain the pineapple (reserve 2 T. syrup). Drain the other fruit. In a double boiler beat the egg yolks slightly. Add the syrup, vinegar, sugar, salt and butter. Cook about 12 minutes, stirring, until the mixture coats the spoon. Cool to room temperature. Pour over combined fruits and marshmallows. Mix. Fold in the whipped cream. Cover and chill for 24 hours. Makes 6 to 8 servings.

DREAM SALAD

Dorothy Hansen

1 pt. small curd cottage cheese
2 pkgs. lime Jello
1 can fruit cocktail or crushed pineapple
2 c. Cool Whip

Mix the cottage cheese and dry Jello powder. Mix well. Add drained fruit cocktail and Cool Whip. Pour into a pan and refrigerate a few hours. Serve.

Be careful of your thoughts -- they may break into words and actions at any time!

FROZEN FRUIT LOAF

1 (3 oz.) pkg. lemon gelatin
1 c. hot water
1/2 c. mayonnaise or salad dressing
1 c. cream (for whipping)
1 (1 lb.) can fruit cocktail (drained)
1 c. tiny marshmallows

Dissolve the gelatin in hot water; beat in mayonnaise or salad dressing. Chill 20 minutes or just until as thick as unbeaten egg whites. Beat cream until stiff; fold into thickened gelatin mixture with drained fruit cocktail and marshmallows. Spoon into a 9x5x3 inch loaf pan. Wrap, label, date and freeze.

About 1/2 hour before serving time remove the salad from the freezer and let stand at room temperature to soften slightly. Cut into 6 slices; place on lettuce lined plates if you wish. It's so creamy-rich that it can be both salad and dessert.

CHRISTMAS CRANBERRY SALAD

Mary Perez

1 qt. raw cranberries
1 orange (unpeeled)
1 apple (unpeeled)
1 large can crushed pineapple (4 c.)
1 1/2 c. sugar

Grind together the cranberries, orange and apple. Stir all together and let stand 24 hours.

2 pkgs. strawberry Jello
1 pkg. lemon Jello
1 pkg. lime Jello
4 c. boiling water
1 T. lemon juice

Dissolve Jello in water, add lemon juice. Mix with the fruit. Put into the refrigerator. Best if made the night before serving.

CAROLE'S STRAWBERRY SALAD

Carol Bardot

2 pkgs. strawberry Jello
1 (7 oz.) can crushed pineapple
1 (10 oz.) pkg. frozen strawberries
1/2 pt. sour cream

Mix 1 pkg. Jello according to the directions. When slightly thickened, stir in drained pineapple. Pour into 8 inch square pan. When set spread sour cream over Jello.

Mix the other pkg. of Jello, and when slightly thickened stir in the strawberries. Pour over the sour cream.

When you are on a diet you can eat all you want of what you don't like.

Addie Miner

CRAB MEAT SALAD

1 can tomato soup (no water added)
1 c. fine cottage cheese
2 T. green onion (chopped)
1/2 c. mayonnaise
1/2 lb. crab meat
1 pkg. lemon Jello

Heat the soup (hot) and dissolve Jello in soup. When this has cooled add the remaining ingredients. Pour into a square or oblong pan and put in the refrigerator until firm. Serves 8.

Serve on lettuce. Garnish with olives, etc. Nice with hot biscuits or rolls.

FROZEN IN FRUIT

2 (8 oz.) cartons lime yogurt
1/2 c. sugar
1/4 c. mayonnaise

Combine and blend until smooth. Stir in:

1 apple (peel - chop)
1 banana (sliced)
1 (11 oz.) can mandarin oranges (drained)
1 (1 lb. 11 oz.) can fruit cocktail (drained)

Spoon into 12 or 14 muffin pan wells lined with paper baking cups. Freeze until firm (4 to 5 hours). Allow to stand 5 or 10 minutes before serving. Remove the paper cups, arrange on lettuce. Serves 12 to 14.

AVOCADO AND CRABMEAT MIMOSA

Grace Ahlquist

2 avocados (peeled - halved)
Lettuce leaves
1 1/2 lbs. crab meat
1 T. lime juice
1/2 c. celery (chopped)
3/4 c. mayonnaise
A few drops Tabasco sauce
1 egg (hard boiled - chopped)
1 tsp. parsley (chopped)

Place the avocado halves on lettuce leaves and fill with mixture of crabmeat, lime juice, celery, mayonnaise and Tabasco sauce. Sprinkle the chopped egg and parsley on top and serve chilled. Serves

The trouble with the unexpected is that it always happens when you least expect it!

SPINACH SALAD

Betty Schindler

1 lb. spinach (wash - drain and chill)
4 slices bacon
2 tsp. brown sugar
1/4 c. green onions (sliced)
1/4 tsp. salt
1/8 tsp. dry mustard
1 1/2 T. vinegar
Dash of paprika

Cook the bacon and drain. Crumble over the salad. In the bacon fat heat the sugar, green onions, salt, vinegar, mustard and paprika. Bring this to the boiling point, then remove from the heat. Pour hot dressing over chilled spinach just before serving and toss.

RICH, RICH SALAD

Gertrude O'Bannon

PART I

1 pkg. orange Jello
1 c. boiling water
1/4 pt. orange sherbet
1 can mandarin oranges

Dissolve the Jello in boiling water. Add the sherbet and juice drained from the mandarin oranges. Chill until thickened.

PART II

1/2 pt. whipping cream
8 oz. cream cheese

Whip the cream and cream cheese that has been broken into pieces, until well blended. Add the first mixture and blend. Add 1/2 can orange slices and chill until firm. Garnish with the remaining orange slices.

FROZEN FRUIT SALAD

1 round tsp. flour
3/4 c. sugar
1/2 tsp. salt

Sift together in the top of a double boiler. Beat 2 eggs until golden and add to the above, then blend in:

1/2 c. lemon juice
1/2 c. pineapple juice

Cook in a double boiler until thick. Let cool. Add 1/2 pt. whipping cream (whipped). Take out 1 c. for dressing for the top of the salad. To the remainder add:

1 (No. 2 1/2) can fruit cocktail
1 (No. 2) can Royal Anne cherries

(Drain these fruits.) Place in a tray and freeze.

Patience is the ability to idle your motor when you feel like stripping your gears.

PARTY CHICKEN SALAD

Ann Rossell

2 qts. chicken or turkey (cooked - cut in coarse bits)
1 (20 oz.) can water chestnuts
2 lbs. seedless grapes
2 c. celery (sliced)
2 to 3 c. slivered almonds (toasted)
3 c. mayonnaise
1 T. curry powder
Juice of 1 medium lemon
2 T. soy sauce
Lettuce
Litchi nuts
Pineapple chunks

Mix mayonnaise, curry powder, soy sauce with a bit of lemon juice. Add to the rest of the ingredients and chill for several hours for all the flavors to blend. Serve on lettuce leaf and garnish with litchis or pineapple.

DAIRY SALAD

Elsie Dauber

4 c. small curd cottage cheese
1 c. sour cream
8 oz. flaked coconut
1 c. pears (diced)
1 c. pineapple tidbits
1 c. miniature marshmallows

Mix the cottage cheese, sour cream and coconut. Add pineapple (drained), also drained pears and marshmallows. Refrigerate until time to serve. Can be made the day before.

FOUR BEAN SALAD

Dorothy Saleebey

1 can green beans
1 can wax beans
1 can garbanzos
1 can kidney beans (rinse)
1 medium onion (chopped fine)
1 c. celery (diced)
1/2 c. green pepper
1/2 c. oil
2/3 c. vinegar
2/3 c. sugar

Bring the sugar and vinegar to a boil. After cooling add the oil. Pour over the above ingredients and marinate, stirring often, for several hours or over night.

One thing we all know about the speed of light is that it gets here too early in the morning!

PINEAPPLE CHEESE SALAD

Dorothy Saleebey

1 (3 oz.) pkg. lime Jello
1 (3 oz.) pkg. lemon Jello
2 c. boiling water
1 (No. 2) can crushed pineapple
1 c. evaporated milk (undiluted)
1 c. salad dressing (Miracle Whip)
1 c. small curd cottage cheese
1 T. horseradish
1/2 c. nuts (chopped)

Dissolve Jello in boiling water. Add the pineapple and juice. Chill until it starts to congeal. Add the evaporated milk, salad dressing, horseradish, cheese and nuts. Chill until set. Serve on lettuce.

DRESSING

Gertrude O'Bannon

3 T. sugar
1/2 tsp. paprika
1/2 tsp. mustard
1/2 tsp. shoyu
4 T. Wesson oil
4 T. vinegar
1/2 c. ketchup
1 clove garlic
1/2 c. sweet pickle relish
Juice of 1 lemon
2 T. onion (chopped)
1 T. Worcestershire sauce

Shake well and refrigerate.

BLUE CHEESE DRESSING

Bunny Hurtt

1 env. Blue cheese dressing (concentrated kind)
4 oz. Blue cheese
1 1/2 c. mayonnaise
1 1/4 to 1 1/2 c. buttermilk

Blend well and refrigerate.

FRENCH DRESSING

Ruth Cloyd

1 T. sugar
1 tsp. salt
1 tsp. paprika
1 tsp. mustard
1/4 tsp. pepper
1/4 c. mild vinegar or lemon juice
3/4 c. salad oil
A few drops onion juice or clove of garlic
Celery seed

Beat together with a rotary beater or shake in a covered jar. Keep in the refrigerator. Shake well before using.

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THE KITCHEN PRAYER

Lord of all pots and pans and things,
Since I've not time to be
A Saint by doing lovely things or
watching late with thee,
Or dreaming in the dawn light or
storming Heaven's gates,
Make me a saint by getting meals and
washing up the plates.

Although I must have Martha's hands,
I have a Mary mind,
And when I black the boots and shoes,
Thy sandals, Lord, I find.
I think of how they trod the earth
each time I scrub the floor;
Accept this meditation, Lord -- I haven't
time for more.

Warm all the kitchen with Thy love and light
it with thy peace.
Forgive me all my worry and make my grumbling
cease.
Thou who didst love to give men food,
in room or by the sea -
Accept this service that I do - for I do
it unto thee.

. . . . .

SOUPS - VEGETABLES

SOUPS

MINESTRONE

1/2 c. salad oil or olive oil
1 clove garlic (minced)
2 c. onion (chopped)
1 c. celery (chopped)
4 T. parsley (chopped)
1 (6 oz.) can tomato paste
1 (10 1/2 oz.) can beef broth (undiluted) or 1 c. vegetable liquid
9 c. water
1 c. cabbage (coarsely chopped)
2 carrots (thinly sliced)
2 tsp. salt
1/4 tsp. pepper
1/8 tsp. sage
1 (1 lb.) can kidney beans
1 zucchini squash (thinly sliced -- optional)
1 c. green beans or peas
1 c. elbow macaroni

Heat the oil in a large pot. Add the garlic, onion, celery and parsley. Cook until soft. Stir in the tomato paste and the next 7 ingredients. Mix well and bring to a boil. Lower the heat, cover and simmer slowly 1 hour. Add the remaining ingredients and cook 10 to 15 minutes more or until the macaroni is tender. Serve piping hot with plenty of grated Parmesan cheese. Makes 8 generous servings. Even better the next day!

MARVEL'S RED STEW

Marvel Heinrichs

1 1/2 lbs. lean beef
1 large onion
1 small can green beans
1 beef bouillon cube
1 can tomato soup
1 can small onions
1 bunch carrots
1 tsp. sugar

Brown the onion and beef in 2 T. cooking oil. Add tomato soup and 2 cans of water. Cut the carrots into 1/2 inch pieces and add with the bouillon cube and sugar. Simmer uncovered until meat is tender and the juice is thickened. Ten minutes before serving add small onions and drained green beans. Serve with noodles or mashed potatoes. Serves 6.

When are you going to stop worrying and start living?

CABBAGE SOUP

Nancy Lee Meyerdirk

1 (46 oz.) can tomato juice
7 T. lemon juice
2 T. dehydrated onion
1/2 c. water
2 pkgs. beef bouillon
1 head cabbage

Combine the ingredients and bring to a boil. Add the cabbage which has been shredded and cook for 1 hour uncovered. Very good and low in calories.

BEAN SOUP -- THE FAMOUS SENATE RESTAURANT RECIPE

Take 2 lbs. small navy pea beans. Wash and run through hot water until the beans are white again. Put on the fire with 4 qts. of hot water.

Then take 1 1/2 lbs. smoked ham hocks, boil slowly (approximately 3 hours) in a covered pot. Braise 1 chopped onion in a little butter and when light brown put in Bean Soup. Season with salt and pepper, then serve. Do not add salt until ready to serve. Makes 8 servings.

CRAB STEW MARYLAND

Jerry Hoffner

1 (20 oz.) can tomatoes
2 c. water
2 chicken bouillon cubes
Corn (cut from 2 ears of corn) or
1 box corn (frozen - cut)
2 stalks celery (diced)
1 c. fresh okra or 1/2 pkg. frozen okra
1 tsp. salt
1/4 tsp. pepper
2 bay leaves
1 lb. lump cra b meat
Flour (optional)

Mash the tomatoes thoroughly. Put in a large saucepan, add water, bouillon cubes, vegetables, salt and pepper. Add the bay leaves and simmer 30 minutes. Add the crab meat gently and simmer, covered 15 minutes longer. Thicken slightly with flour and water paste if desired. Makes about 1 1/2 qts or 4 servings.

QUICK CHILI

Elsie Silva

2 T. oil
1/2 clove garlic (minced)
1 lb. ground beef
1 (15 1/2 oz.) can small red beans or kidney beans (undrain)
1/2 c. onion (chopped)
1/2 medium green pepper (chopped)
2 (8 oz.) cans tomato sauce
1 tsp. salt
1 to 2 tsp. chili powder

Cook and stir garlic and meat in hot oil in a large skillet until meat loses red color. Add beans with their liquid, onion and green pepper, pour in tomato sauce, add salt and chili powder. Stir and simmer over low heat, until the chili is of the desired thickness (about 45 minutes).

EASY OVEN STEW

Marilyn Tippie

Sprinkle 2 lbs. lean stew beef with 1 T. salt and a dash of pepper. Put in a large Dutch oven, then add:

Carrots and potatoes (chunked)
1/2 c. celery (chopped)
1/2 c. onion (chopped) or whole small boiling onions
3 T. Minute Tapioca
1 T. sugar
1 bay leaf
1 slice bread (broken small)
1 large can tomatoes

Cover and bake 5 hours at 250°. If you prefer a juicier stew, add 1/2 c. dry wine or other liquid the last half hour.

FAVORITE BEEF STEW

2 T. fat
2 lbs. beef chuck (cut into 1 1/2 inch cubes)
1 large onion
1 clove garlic
4 c. boiling water
1 T. salt
1 T. lemon juice
1 tsp. sugar
1 tsp. Worcestershire sauce
1/2 tsp. pepper
1/2 tsp. paprika
1 to 2 bay leaves
Dash of allspice or cloves
6 carrots (cut into chunks)
3 to 4 large potatoes (cut into chunks)
1/2 c. cold water
1/4 c. flour

Heat fat in a Dutch oven, add beef and brown on all sides. Keep turning the meat until golden brown, add sliced onion and garlic, water, salt, lemon juice, sugar, Worcestershire sauce, pepper, paprika, bay leaves and allspice or cloves. Cover and simmer for 2 hours, stirring occasionally.

When the meat is almost done add the vegetables. Simmer 30 minutes longer or until everything is tender.

Shake flour and cold water hard to blend. Remove from the heat, push meat and vegetables to one side. Stir in the flour mixture. Cook and stir until gravy thickens and boils. Cook gently for a few minutes.

CHICKEN AND CORN CHOWDER

3/4 c. celery (sliced)
3/4 c. onion (chopped)
1/4 c. margarine
1 3/4 c. milk
2 (10 1/2 oz.) cans cream of chicken soup
1 (17 oz.) can Del Monte family style corn
1/2 tsp. basil
1/2 tsp. salt

Continued on next page.

CHICKEN AND CORN CHOWDER (Continued).

Saute' the celery and onion in margarine until tender. Add the remaining ingredients. Heat, stirring occasionally until chowder is hot, but not boiling.

VEGETABLES

DELUXE POTATO SALAD

6 large potatoes
3 eggs (hard boiled)
1 c. mayonnaise (or more to taste)
1 tsp. mustard (regular - not dry)
1 T. vinegar
1 T. onion powder
1 T. green pepper (chopped)
1/2 tsp. salt
1/4 tsp. pepper

Cook the potatoes with the skins until soft. Do not overcook. Rinse with cold water and peel skins. Cut into small cubes. Add the vinegar, salt, pepper, onion powder and green pepper. Add chopped (fine) hard boiled eggs. Mix the mayonnaise and mustard together. Add slowly to the potatoes and mix well. Chill in the refrigerator until cold.

INDIANA POTATO SALAD

Jo Gibson

4 c. potatoes (boiled-cold)
1 c. celery (chopped)
2 eggs (hard cooked - chopped)
2 small onions (chopped)
1 to 2 small cucumbers (diced)
Salt and pepper
1/3 to 1/2 c. French Dressing or mayonnaise

Cook the potatoes without peeling them in just enough boiling salted water to cover. Drain. When cool skin and cube.

Add onions, celery, cucumbers, eggs, salt and pepper. Mix lightly with dressing and let stand in the refrigerator an hour or longer. Serves 8.

GERMAN POTATO SALAD

Lois Mulcahey

4 lbs. potatoes (cook - slice thin)
1/2 lb. bacon
1/2 c. sugar
3 T. flour
2 tsp. salt
1/4 tsp. pepper
1 c. vinegar
1 c. water
1 medium onion (slivered)

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GERMAN POTATO SALAD (Continued).

Cut the bacon into small pieces and brown. Remove from the drippings. Blend sugar, flour, salt and pepper together. Add to bacon drippings and stir to make a smooth paste. Add the vinegar and water. Boil 2 or 3 minutes. Stir constantly.

Combine hot sauce, sliced potatoes and onions. Stir in the bacon. Let stand at room temperature 3 to 4 hours. Makes 10 to 12 servings.

POTATO SALAD

Elsie Silva

4 to 5 large potatoes (cook-diced)
1/2 c. red onion (chopped)
10 to 12 slices bacon (fried crisp - crumbled)
1 T. parsley flakes (dried)
1 (4 oz.) can ripe olives (sliced)
Salt and pepper to taste
Enough mayonnaise to mix well
1/4 c. green pepper (chopped)

Mix thoroughly and refrigerate until cold and ready to serve.

FRIED ARTICHOKE HEARTS

Elsie Silva

Artichoke hearts
Fine dry bread crumbs
Flour
Eggs
Parmesan cheese (grated)
Salt and pepper
Equal parts olive oil and butter

Mix the bread crumbs and flour. Beat eggs, cheese, salt and pepper. Melt butter and oliveoil in a skillet until 1/2 inch deep. Heat to bubbling. Dip the artichokes into egg batter, then in flour mixture. Put in hot frying pan and fry over medium heat until golden brown (about 12 minutes).

Keep warm until ready to serve. Serve with wedges of fresh lemon.

HAWAIIAN BEAN POT

1 (1 lb. 13 oz.) can pork and beans
1 (8 oz.) can pineapple tidbits (drained)
1 T. soy sauce
2 T. instant toasted onion
1/2 tsp. hickory flavored salt
3 or 4 slices bacon or Canadian bacon

Mix everything but the meat. Pour into a 1 1/2 qt. casserole. Top with bacon or Canadian bacon. Bake in a 350° oven for 30 minutes or until the beans are hot and the bacon is crisp and brown. Great with barbecue, pork chops, ham, etc.

QUICK MEXICAN BEANS

Drain 3 (15 oz.) cans red kidney beans or small red or pinto beans.

Combine the 5 c. beans with 1 c. bean liquid and place in a 2 qt. saucepan. Add:

1 (8 oz.) can tomato sauce
1 c. onion (chopped)
1/2 c. green pepper (chopped)
1 garlic clove (crushed)
1 T. unsweetened chocolate (grated)
2 tsp. salt
1/4 to 1/2 tsp. rosemary
2 tsp. chili powder
1/2 tsp. Accent
6 drops hot pepper sauce

Mix well. Cover and simmer 30 minutes. Uncover and simmer 30 minutes longer.

RICE PILAFF

In a double duty casserole (like Corning Ware) melt 1/2 cube butter or margarine. Add 3/4 c. rice and stir until brown. Add:

1 can consomme (undiluted)
1 c. water
1 (4 oz.) can button mushrooms

Put in a 325° oven with a cover on the casserole, until all the liquid is gone and the rice is completely cooked. Add to it slivered almonds if available.

WHITE BEANS - FRENCH STYLE

Put 1 c. white beans in saucepan. Cover with 3 c. cold water. Bring to a boil and boil, uncovered, for 2 minutes. Turn off heat. Cover and let stand 1 hour. Then add 1 tsp. salt and 1/2 tsp. sugar. Bring again to a boil and simmer, covered, about 1 hour.

Meanwhile, cut 1 onion into thin slices and brown in butter until golden brown. Mix the onions and beans, add salt and pepper to taste and simmer until completely cooked. Do not omit the sugar - it brings out the flavor.

WHITE OR NAVY BEANS

Elsie Silva

1 c. white beans
3 c. water
1 tsp. salt
1/2 tsp. sugar
1 onion

Continued on next page.

WHITE OR NAVY BEANS (Continued).

Put the beans in a pan and cover with 3 c. cold water. Bring to a boil and boil, covered, 2 minutes. Cover and let stand 1 hour. Add 1 tsp. salt and 1/2 tsp. sugar. Bring again to a boil and simmer, covered, about 1 hour.

Meanwhile cut 1 onion into slices and brown in butter. Mix onions and beans. Correct seasonings with salt and pepper. Lamb basting sauce, if available, is wonderful poured over the beans. Makes 6 servings.

CORN FLUFF

Mrs. John A. Titlow

Add in the order given:

1 can creamed corn
3 eggs (beaten)
1 c. milk

Add in the order given:

1 c. Ritz or Waverly crackers (crushed)
2 T. butter (cut into pieces)
1 tsp. sugar
Salt and pepper

Place small cubes of cheese on top of the corn mixture before putting into the oven. Bake at 350° for about 45 minutes or until firm in the center.

FRIED RICE

Helen Little

1 c. rice
2 c. water
1 tsp. salt
1 tsp. soy sauce
Green onion (chopped)
2 celery stalks (cut fine)
4 to 6 slices bacon
1 egg (scrambled)

Bring the rice to a boil in water with salt added. Reduce temperature and cook for 15 minutes. Cut the bacon into small pieces and partially cook in a large frying pan. Pour off the excess fat and add celery and chopped onion.

Saute vegetables lightly in bacon, then add the rice, frying as you stir. Season with soy sauce. Garnish with scrambled fried egg cut into narrow strips. Very good served with Chicken Hawaiian.

A good listener often has the reputation for wisdom -
So if you don't know much, listen for all you are worth!

PENNSYLVANIA BAKED BEANS

Mrs. John A. Titlow

1 lb. dry lima beans
1/2 c. brown sugar
1/2 c. molasses
1 tsp. mustard
Water to cover
1 tsp. salt
Bit of pepper
1 onion (cut fine)
2 cloves garlic (cut fine)

Soak the lima beans over night and the next morning cook until tender. Pour off the water and combine and add the remaining ingredients. Place 2 inch bacon strips or pieces on top of the beans. Do not turn beans until about an hour before done. Bake at 350° for 2 1/2 to 3 hours. Add extra water to prevent cooking dry.

KIDNEY BEAN CASSEROLE

Dorothy DeMarce

1 lb. ground round
1 (1 lb.) can kidney beans
1 can tomato soup
1/4 c. onion (chopped)
1/2 tsp. chili powder
1/8 tsp. cumin
2 slices American cheese
Salt and pepper

Brown the ground beef and onions. Season with salt, pepper, chili powder and cumin. Drain the beans, retaining 1/4 c. liquid.

In a 1 1/2 qt. casserole put a layer of the browned meat, spoon on half the beans, then half the soup. Repeat. Bake at 375° for 30 minutes. Top with cheese which has been cut into 8 squares. Return to the oven until the cheese melts.

WILD RICE CASSEROLE

Marion Walter

1 to 1 1/2 lbs. ground beef
1 small clove garlic (chopped fine)
1 can cream of chicken soup
1 medium onion (chopped fine)
1 stalk celery
1 pkg. Uncle Ben's wild rice and white rice mixture (fixed according to directions, but not cooked)

Brown the meat, onion, garlic and add the celery. Mix in the chicken soup, wild rice mixed with amount of water called for on the box, and if you wish, a small can of chopped mushrooms. Pour into buttered casserole and bake at 350° (covered) about 1 hour or until done. (This is easy to have ready ahead of time. Bake when ready.)

The loveliest hands in masculine eyes are the hands
that make the loveliest pies!

CHILI BEANS

Ethel Perry

1 lb. pinto or pink beans
2 cans Ortego chiles
2 large onions
2 cloves garlic
1 lb. ground beef
2 cans tomato sauce (Spanish style)
2 tsp. chili powder (or to your own taste)
Salt and pepper to taste

Be sure to soak the beans over night before cooking. Brown the meat with onions and garlic (chopped fine). Then mix in tomato sauce and Ortega chiles. Cook beans separately while the sauce is cooking. When the beans are soft, mix into the sauce, add chili powder and other seasonings to taste. Simmer most of the day.

CHEESE OLIVE CASSEROLE

Dorothy DeMarce

2 T. shortening
2 onions (diced)
1 1/2 lbs. ground round steak
1 (8 oz.) pkg. fine noodles
1 (4 oz.) can whole mushrooms
3/4 c. stuffed olives
1/2 lb. mild cheese (diced)
Salt and pepper
1 can cream of mushroom soup
1 soup can milk
1 c. chow mein noodles
1/2 c. almonds (chopped)

Brown the beef and onions in shortening. Partially boil the noodles in salted water. Add the remaining ingredients to the meat. Put drained noodles in a casserole. Cover with meat mixture. Sprinkle with 1 c. chow mein noodles and 1/2 c. chopped almonds. Bake at 350° for 45 minutes.

CHINESE STYLE PEAS

Mary Gielow

2 pkgs. frozen peas
1 c. chicken broth
2 T. cornstarch
1 (6 oz.) can water chestnuts (thinly sliced)
Salt to taste

Cook the peas according to the directions on the pkg. Drain well. Dissolve cornstarch in 1/4 c. of the broth; add with the rest of the broth the drained sliced water chestnuts to the peas. Salt to taste. Stir constantly until thickened, Makes 8 servings.

The same rain that grows weeds for the pessimist sprinkles flowers for the optimist!

ZUCCHINI HOT DISH

Em Rafferty

12 zucchini
1 can mushroom soup
1/2 c. bread crumbs
1 small onion (chopped)
1 c. sour cream
1 can water chestnuts (cut up)
Salt
Worcestershire to taste

Boil the zucchini until done, but not soft. Cut in about 1 1/2 inch long slices. Put in buttered casserole. Combine the rest of the ingredients and pour over zucchini. Top with crushed potato chips and grated cheese.

EGGPLANT CASSEROLE

Phyllis Haukedal

1 medium eggplant
1 tsp. minced onion
1/2 c. butter
2 eggs (well beaten)

Pare the eggplant. Cut into 1/4 inch slices and cook in salted water until tender. Drain and mash. Add butter, crumbs, onion and eggs. Season to taste and bake in a 400° oven until heated and browned.

CANDIED SWEET POTATOES

Ginger Richardson

1 (No. 2) can sweet potatoes
1 c. brown sugar
1/4 c. water
4 T. butter or margarine
1/2 tsp. salt
Miniature marshmallows

Place the potatoes in a greased casserole. Combine sugar, water, margarine and salt. Cook until clear. Pour syrup over the potatoes. Cover with miniature marshmallows and bake in a 350° oven for 30 minutes.

GREEN BEANS

Mabel Webber

5 pkgs. frozen green beans
Bacon
Onions
Bread crumbs
1/2 c. cheese (grated)
2 T. sherry wine
2 cans white sauce (about 2 c.)
Onions

Cook green beans with bacon and onions as directed on the package. Mix with grated cheese, sherry wine and white sauce. Cover with buttered bread crumbs and almonds. Bake at 350° for about 1/2 hour. Serves 12 to 15.

Your temper is one of the few things that will improve the longer you keep it.

NOODLES WITH CHEESE AND SOUR CREAM

Jane Black

(A good accompaniment to roast beef.)

1/4 lb. thin noodles
1 c. cottage cheese
1 c. sour cream
1/4 tsp. pepper
1/2 tsp. salt
1/4 c. butter (melted)
1/2 tsp. dry mustard
1 T. Worcestershire sauce

Boil the noodles in lightly salted water until just tender. Rinse in cold water and drain. Combine the cottage cheese, sour cream, pepper, salt, melted butter and dry mustard. Add to the cooked noodles. Pour all into a well greased casserole, top with buttered crumbs and bake at 300° for 1 1/2 hours. Serves 4. Can be easily doubled.

POTATO NICOISE

1 clove garlic
3 medium potatoes (about 1 lb.)
3 large medium ripe tomatoes (1 1/2 lbs.)
Boiling water
3 red onions (1 lb.)
1/2 tsp. dried tarragon leaves
1/4 tsp. dried basil leaves
1 1/2 T. parsley (chopped)
3 tsp. salt
1/2 tsp. nutmeg
2 T. butter or margarine
1/2 c. Cheddar or gruyère cheese (grated)

Preheat the oven to 400°. Rub inside of an 8x12 inch casserole with cut clove of garlic. Pare potatoes and slice 1/4 inch thick. Scald the tomatoes in boiling water and peel the skin. Slice tomatoes 1/2 inch thick. Slice onions as thin as possible.

In a small bowl combine the tarragon, basil and parsley. Mix well.

In the prepared casserole layer the potato, onion, tomato and repeat layers, ending with tomato. Sprinkle each layer of potato with herbs, salt and nutmeg. Sprinkle each layer of tomato with salt.

Dot the top with butter. Bake, covered, 45 minutes or until the potatoes are fork tender. Sprinkle top with cheese and bake, uncovered, 5 minutes to brown the top slightly. Makes 6 servings. Even better reheated on the second day. Great to serve with a barbecue.

Common sense is the knack of seeing things as they are and doing things as they ought to be done.

OVEN COOKED RICE

Betty Linton

1 c. rice
2 c. Swanson's canned chicken broth
1 tsp. salt
2 T. butter

Brown the rice slowly in butter (takes about 1/2 hour). Put the rice in a casserole, add chicken broth and salt. Bake in a 375° oven for 1 hour. Excellent with TeriYaki chicken.

CAULIFLOWER CASSEROLE

Jerry Hoffner

1 medium size cauliflower (boil-break into pieces)
3 T. Parmesan cheese (grated)
1/2 c. milk
4 eggs
1 T. butter
1 tsp. cornstarch
Pinch of salt

Place the cauliflower pieces in a well greased casserole. Combine remaining ingredients and pour over. Bake at 350° for 30 minutes. Serves 6.

ASPARAGUS AND PETIT PEAS CASSEROLE

Jerry Hoffner

2 (15 oz.) cans green asparagus
2 (1 lb.) cans petit peas
1 (10 1/2 oz.) can cream of mushroom soup
3/4 c. sharp Cheddar cheese (grated)
1 c. soft white bread crumbs
2 T. butter (melted)

Chill the cans of asparagus 2 to 3 hours to prevent breaking apart. About 40 minutes before serving time open and drain. Arrange half the asparagus in a 6 c. buttered casserole. In a bowl mix gently the peas, soup and cheese. Spoon half the mixture into the casserole over asparagus. Add remaining asparagus, top with the remaining pea mixture.

Toss crumbs with melted butter and sprinkle on top of the casserole. Bake in a moderate (350°) oven for about 30 minutes or until crumbs are golden. Makes 8 to 10 servings.

ITALIAN RICE

Shirley Titlow

1 cube butter
1 T. oregano
1 small bunch spring onions (cut up onions and stems)
1 small can mushrooms (drain-chop)
1 1/2 c. long grained rice (uncooked)
2 cans beef consomme soup

Saute oregano, onions and mushrooms in butter. Put these and all other ingredients into a covered casserole. Bake in a slow (325°) oven for 45 minutes to 1 hour.

RICE AND ZUCCHINI TORTE

1 c. rice (uncooked)
2 lbs. zucchini
1 c. Cheddar cheese (grated)
1/2 c. onions (thinly sliced)
1/3 c. parsley (chopped)
1/3 c. olive oil, butter or margarine
3 eggs (slightly beaten)
A dash each of rosemary and garlic powder
1/2 tsp. Accent
Salt and pepper to taste

Boil or steam the rice until tender. Drain if necessary. Wash zucchini and trim off the ends, do not peel. Cook the whole zucchini in boiling salted water about 15 minutes. Drain thoroughly and chop fairly fine. Drain again.

Mix the rice and zucchini with all the remaining ingredients except the paprika. Turn into greased baking dish (8x12x2 inch) and dust with paprika. Bake in a 350° moderate oven about an hour until firm and lightly brown. Serves 6 to 8.

CHERRY TOMATOES IN HERB MARINADE

2 baskets cherry tomatoes
1/4 c. red wine vinegar
2 T. instant minced onion or 2 green onions (sliced)
1/2 tsp. whole basil (crushed)
1/4 tsp. whole oregano (crushed)
1 tsp. garlic salt or salt
1/4 tsp. pepper
1/2 c. salad oil (may be part olive oil)
Lettuce (optional)

Pour the tomatoes a few at a time into a colander or wire strainer. Dip into a large pan of rapidly boiling water for about 15 seconds. Immediately rinse tomatoes in cold water, slip off the peels and stems and put into container.

Combine the vinegar, onion, basil, oregano, salt, pepper and salad oil. Shake or beat until blended, then pour over the tomatoes. Cover and chill for at least 2 hours or as long as over night, stirring several times. Serve from container; or remove tomatoes from marinade, arrange on lettuce and spoon some marinade over the top. Serves 6.

GREEN BEAN CASSEROLE

Elsie Silva

2 cans green beans or equal amount fresh beans (cooked)
1 can condensed mushroom soup
1 can French fried onions

Put the beans which have been drained, into a casserole. Cover with 1/2 can of soup and sprinkle with the onion rings. Use remaining beans, soup and onion in next layer. Bake in a hot (400°) oven for 30 to 45 minutes, until onions are crisp and brown.

PORTUGUESE BEANS

Elsie Silva

1 lb. dried pink beans
5 c. water
5 strips bacon (cut into small pieces)
1 large onion (chopped)
1 clove garlic (minced or mashed)
1/2 tsp. cinnamon
1/4 tsp. ground cloves
1/4 tsp. allspice
1 tsp. cumin seed (crushed)
2 T. molasses
1 T. salt
1/4 tsp. pepper
1 (1 lb. 12 oz.) can Italian style pear shaped tomatoes or 2 cans tomato sauce (8 oz.)

In a 5 qt. kettle cover the beans with water and bring to a boil. Boil 2 minutes. Remove from heat and set aside for 1 hour. In a frying pan cook the bacon until pieces begin to brown. Add onion and garlic and cook over medium heat until the onion is just translucent. Stir in the spices and seasonings. Add tomatoes and their liquid to onion and spices. Break tomatoes into small pieces with a spoon. Bring beans to a boil again and reduce the heat. Add sauce to beans and continue to simmer, covered, for 1 1/4 hour. Uncover and continue cooking for about 45 minutes longer or until the beans are tender and the sauce has thickened. Makes 8 to 10 servings.

VEGETABLES IN ITALIAN BEER BATTER

1 1/4 c. beer
1 1/3 c. flour
2 T. Parmesan cheese (grated)
1 T. parsley (snipped)
1 tsp. salt
Dash of garlic powder
1 T. olive oil
2 egg yolks (beaten)
2 egg whites (stiffly beaten)
1 (9 oz.) pkg. frozen artichoke hearts (cooked - drained)
1 medium zucchini (sliced)
1 small cauliflower (broken into buds)
1 green pepper (cut into strips)

Let beer stand at room temperature 45 minutes or until flat. In a mixing bowl combine flour, Parmesan, parsley, salt and garlic powder. Stir in olive oil, egg yolks, and the flat beer. Beat until smooth. Fold in stiffly beaten egg whites and dip the vegetables into the batter. Fry in deep hot fat (375°), a few at a time, until golden (2 to 5 minutes). Drain on absorbent paper and serve immediately. Makes 3 c. batter.

A sense of humor is like a needle and thread -- it will patch up so many things!

SWISS ALMOND BROCCOLI

Thelma Shoberg

2 pkgs. frozen chopped broccoli
1/4 tsp. thyme
1/4 c. slivered almonds
1 (10 1/2 oz.) can cream of mushroom soup
Rind of 1 lemon (grated)
1 T. lemon juice
1/2 c. milk
1/2 c. cheese (shredded)
Paprika

Cook the broccoli according to the directions, until barely tender. Combine the rest of the ingredients and add to the broccoli. Stir. Pour into 1 qt. casserole and top with cheese and paprika. Bake at 350° for 20 to 30 minutes or until bubbly, uncovered. Serves 6.

VEGETABLE CASSEROLE

Ethel Reed

1 can string beans (French style)
1 can French fried onions
1 can bean sprouts
1 can water chestnuts
1 can cream of mushroom soup

Drain all the vegetables. Bake in a shallow pan about 2 1/2 inches deep. Add string beans first, then half the onions, 1/2 can undiluted soup, 1/2 the chestnuts (sliced), then all of the bean sprouts, rest of the onions, chestnuts and soup. Bake in a 350° oven for 25 to 30 minutes.

CORN CASSEROLE

Ethel Reed

1 can cream corn
1 T. sugar
1 T. flour
1/2 tsp. salt
2 T. butter (melted)
2/3 c. milk
3 eggs (well beaten)

Mix well the first 6 ingredients, then fold in the eggs. Grease casserole and bake 1 hour and 15 minutes in a 325° oven. Do not cover. Serves 4 to 5.

GLAZED SPICED CARROTS

1 lb. carrots (5 large)
1/4 c. butter or margarine
1/3 c. brown sugar
1/4 tsp. ginger
1/4 tsp. mace
1/8 tsp. dry mustard
1/4 c. carrot liquid or water

Continued on next page.

GLAZED SPICED CARROTS (Continued).

Clean the carrots, cut into 3 inch lengths. Cook until almost tender. Combine the remaining ingredients in a small saucepan and heat to boiling. Place carrots in a 1 qt. saucepan or 9 inch square pan. Pour the sauce over the carrots and cover. Cook at 200° for 15 minutes or in a 350° oven for 30 minutes. Serves 6.

FIVE BEAN CASSEROLE — Mabel Webber

1/2 lb. hamburger
1/2 lb. bacon (cut into small pieces)
1 can Northern beans
1 can lima beans
1 can pork and beans
1 can butter beans
1 can kidney beans
1/2 c. catsup
3/4 c. brown sugar
1 onion (chopped)
1 tsp. salt
2 T. cornstarch

Brown the hamburger and bacon pieces. Drain the beans and mix all ingredients. Bake at 350° for 1/2 hour.

MARINATED VEGETABLES

1 cauliflower (cook and chill)
1 lb. fresh mushrooms (lightly sauteed)
2 (10 oz.) pkgs. artichoke hearts (cook - chill)
2 pkgs. (10 oz.) green beans (cook - chill)
2 (10 oz.) pkgs. asparagus spears (cook - chill)
2 (10 oz.) pkgs. green limas (cook - chill)
1 can beets (sliced)

MARINADE:

1/2 c. tarragon vinegar
2 tsp. Accent
2 tsp. salt
2 tsp. sugar
2 T. dry fine herbs
1/4 tsp. cayenne pepper
1 c. oil
1/2 c. parsley (chopped)

Mix marinade in a blender and pour over the vegetables. Marinate over night or for several hours. (1 1/4 times sauce covers the vegetables better.)

A man can tell how good his reputation is by how hard it is for him to live up to it!

DELICIOUS POTATO CASSEROLE

Dorothy Saleebey

Mashed potatoes (to serve 8)
1 egg (beaten)
1 (4 oz.) pkg. Philadelphia cream cheese
2 T. green onion (chopped)
2 T. parsley (chopped)

Mix the mashed potatoes omitting butter. Add the egg, cheese, onions and parsley. Put into a flat buttered 9x13 inch casserole. Dot with butter and sprinkle with paprika. Bake at 400° for 20 minutes. Serves 8.

ZUCCHINI ITALIANO

Nancy Lee

2 lbs. small zucchini
2 T. butter
1/2 c. onion (chopped)
1 (15 oz.) can spaghetti sauce with mushrooms
2 T. Parmesan cheese (grated)
1 tsp. salt
1/2 tsp. basil
1/2 tsp. leaf thyme
Dash of pepper

Slice the zucchini diagonally (1/2 inch thick). In a large covered skillet melt the butter. Add the zucchini and onion and saute' for 5 minutes. Add the spaghetti sauce, cheese, salt, basil, thyme and pepper. Cover and simmer 15 to 20 minutes or until tender, but firm. Makes 4 servings.

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ADDITIONAL RECIPES

THIS AND THAT

THIS AND THAT

HINTS:

Elsie Silva

To perk up a packaged chocolate pudding add 1 T. butter and 1/4 tsp. peppermint extract.

In the fall when quince are available add 2 or 3 (finely chopped) when making applesauce. Super flavor.

Drunken prunes: In a wide mouth container with a lid put 1 box of dried prunes. Cover with Port wine (California -- not the expensive Portuguese kind). Store in the refrigerator. Serve on salads with meats, etc. The longer they sit the better. Will keep indefinitely in the refrigerator.

Serve fresh spring strawberries with a small amount of sugar and covered with Port or Madeira wine, Portuguese style.

To eat well, to drink well, is to live well.

HINT:

Mary Gielow

To keep avocado dips, spreads, etc, that lush green place the pit in the item. Cover with any type kitchen paper and it will not turn dark.

CHOCOLATE FONDUE

Carol Yount

8 oz. milk chocolate
1/2 c. cream
2 T. Kirsch

Grate chocolate and put with cream in a fondue pot. Stir well until melted. Add the Kirsch and serve with fresh fruit or hunks of angel food cake.

FIG PRESERVES

3 c. fresh figs (peeled)
3 c. sugar
2 (3 oz.) pkgs. strawberry gelatin

Mash or grind or run the figs through a food mill. Mix all ingredients in a saucepan and cook over medium heat until thick. Pour into hot sterilized jars and seal. Any other "berry" flavored gelatin may be used.

Every young man should learn to paddle his own canoe -- even if his Dad does own a yacht.

OLD FASHIONED WATERMELON RIND PRESERVES

Helen Little

Rind of 1 watermelon
Salt
Sugar
Cinnamon sticks
Whole cloves
Lemons

Pare and cut into 1 inch cubes the rind of a ripe watermelon. Soak in mild salt water over night (1/2 c. salt to 1 gallon water.) Drain and cook slowly in clear water about 10 minutes or until tender. Drain well.

For each lb. of rind, make a syrup of:

1 lb. sugar to 1 c. water
1 cinnamon stick (cracked)
1 tsp. cloves (tied in cheesecloth)
1 lemon (sliced -- if desired)

Boil syrup, lemon and spices 10 minutes. Add the rinds and cook until transparent and clear.

If desired, a few minutes before preserves are done, add enough green or red food coloring to tint preserves. Remove the spices, pour into sterilized canning jars and seal each jar as filled. Allow to mellow three or four weeks, at least, before serving. (3 1/2 lbs. prepared rind yields about 4 1/2 pints.)

PLUM NUTTY CONSERVE

Gen Lee

2 lbs. ripe plums
1 orange
1/3 c. walnuts (finely chopped)
5 1/2 c. sugar
3/4 c. water
1 (1 3/4 oz.) box fruit pectin

Wash and drain the plums. Pit and cut into small pieces -- do not peel. Then chop fine to make 2 3/4 c. Quickly ladle into jars. Cover at once with a tight lid. Let stand at room temperature until set. This may take as long as 24 hours, then store in the freezer. If conserve will be used within 2 or 3 weeks, it may be stored in the refrigerator. Makes about 9 (8 oz.) jars.

TERI-YAKI SAUCE

Betty Linton

1/4 c. sugar
1/2 tsp. meat tenderizer
1/2 tsp. ginger
1 clove garlic (minced)
1/3 c. soy sauce
1/3 c. white wine (optional)

Mix in the order given. Use as a marinating sauce for steak or chicken. Marinate steak 3 to 5 hours, broil or barbeque. Marinate chicken over night and bake at 350° for 1 hour or barbeque.

An old timer is one who can remember when a baby sitter was called "Mama".

PINEAPPLE CHERRY SAUCE — Gail Titlow

Bring to a boil in a saucepan:

1 c. crushed pineapple (buffet can - undrained)
1 c. canned pitted red sour cherries (drained)
1/4 c. brown sugar
2 T. butter
2 T. lemon juice
1/2 tsp. lemon peel (grated)
1/2 tsp. red food coloring
1/8 tsp. salt

Mix together until smooth and stir into saucepan:

1/2 c. cherry juice (canned)
2 T. cornstarch

Stir constantly until sauce thickens. Lower heat and simmer 3 to 4 minutes. Serve hot over baked or broiled ham slices. Yields about 2 1/2 c. sauce.

LEMON BUTTER, LEMON CHEESE OR LEMON CURD (English) — Gail Titlow

1 c. sugar
4 T. butter
2 lemons
2 eggs

Mix butter and sugar to creamy consistency and add the beaten eggs. Add lemon juice and grated rind. Cook in a double boiler until mixture thickens. Stir constantly. Remove from fire and pour into jar. Seal and store in a cool place.

MARINADE SAUCE — Lucille Castaneda

1 1/2 c. salad oil
3/4 c. soy sauce
1/4 c. Worcestershire sauce
2 T. dry mustard
2 tsp. salt
1 T. black pepper
1/2 c. wine vinegar
1 tsp. parsley flakes
2 garlic cloves
1/3 c. fresh lemon juice

Marinate chicken over night and barbecue.

CHEESE SOUFFLE — Lucille Covic

5 slices buttered bread (remove the crust)
1/2 lb. cheese (grated)
3 eggs (beaten)
1 tsp. salt
1 tsp. dry mustard
2 c. milk

Mix the bread and cheese in casserole. Mix eggs, salt, mustard and milk. Pour over bread and cheese in the casserole. Let stand over night. Cook at 350° for 35 to 40 minutes in a pan of water. Will serve 8 to 10.

No life is so strong and complete, but it yearns
for the smile of a friend.

RASPBERRY RHUBARB JAM — Elsie Silva

2 (10 oz.) pkgs. frozen raspberries (thawed)
1 lb. rhubarb (cut into 1 inch pieces - 4 c.)
1 (2 1/2 oz.) pkg. powdered fruit pectin
5 c. sugar

In a large kettle combine fruits. Stir in the pectin. Place over high heat, stirring until mixture reaches a hard boil.

Immediately stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from the heat. Using a metal spoon skim off foam. Stir and skim for 5 minutes. Quickly ladle into 6 (1/2 pt.) jars. Seal.

FILLINGS FOR COOKIES, COFFEE CAKE, ETC. — Thelma Shoberg

DATE FILLING:

1/4 c. sugar
1 T. cornstarch

Mix together in a small saucepan. Stir in:

1/3 c. water
1/2 c. dates (pitted - finely chopped)

Cook, stirring constantly, until thickened. Reduce the heat and cook 5 minutes longer. Add 1 tsp. lemon juice and cool.

PRUNE FILLING:

1/2 c. prunes (finely chopped - cooked)
3 T. sugar
1 tsp. orange rind (grated)

PALMIERS (Palm Leaves) — Thelma Shoberg

1 pkg. frozen patty shells (1/2 dozen)
Granulated sugar

Defrost the frozen patty shells in the refrigerator over night. On a floured board or pastry cloth, stack and press together three patty shells, leaving remaining 3 in the refrigerator. Roll out into a rectangle. Turn the dough over and trim to 7x9 inches. Sprinkle heavily with sugar. Fold 7 inch edges of the rectangle inward to meet at center. Sprinkle heavily with sugar. Fold in half again to resemble a closed book 2 1/4 x 7 inches. Sprinkle with sugar and press down firmly.

Cut crosswise into half inch strips, making 14 strips in all. Place cut side down on an ungreased baking sheet. Bake at 400° for 8 to 13 minutes or until lightly browned. Turn over and bake on the other side for 3 to 5 minutes. Repeat with remaining 3 patty shells. Makes 28 palm leaves.

WATERMELON RIND

Florence S. Zeglarski

4 qts. melon rind
3 T. salt
Boiling water to cover
1 qt. cider vinegar or vinegar
8 c. sugar
4 sticks cinnamon
2 T. whole cloves
2 T. allspice
2 pieces ginger root
Lemon slices (optional)

Tie cinnamon, cloves, allspice and ginger root in a bag. Peel strips of the melon rind and trim off pink portion. Cut into 2 inch pieces. Add salt and enough boiling water to cover rind. Simmer until the rind is tender. Drain and chill rind in very cold water at least 1 hour or over night.

After rind is chilled prepare a syrup by boiling the vinegar and sugar together (1 to 2 c. water may be added if the vinegar is too strong). Add spices and lemon slices. Drain rind from the brine and place in the syrup. Simmer until rind becomes clear and somewhat transparent (about 30 minutes). Remove spices. Pack rind hot into hot sterilized jars. Cover with boiling syrup and seal at once. A slice of lemon may be placed on top before sealing.

RIPE WATERMELON PRESERVE

(Woman's Day Encyclopedia) Helen Little

4 qts. red watermelon meat (seeded - diced)
5 c. sugar
1/4 tsp. salt
1/2 c. cider vinegar
2 lemon slices
1 T. whole cinnamon (cracked)
1 tsp. whole cloves

Put the diced melon in a colander and with the hands squeeze out as much juice as possible. Let drain about 1 hour. Put lemon, melon, sugar, salt, vinegar in a large heavy kettle. Add the spices tied in cheesecloth.

Cook slowly 50 to 60 minutes or to 8° above the boiling temperature of water. Stir occasionally to prevent sticking. Just before packing add a few drops of red coloring. Pack at once in hot sterilized jars and seal. Makes 2 1/2 pints.

The big trouble with people who believe only half they hear -- they usually believe the wrong half.

HEALTH CEREAL -- GOURMET GRANOLA

Dorothy Hansen

5 c. oatmeal
1 c. almonds (chopped)
1 c. sesame seeds
1 c. sunflower seeds
1 c. shredded coconut
1 c. soy flour
1 c. powdered milk
1 c. wheat germ
1 c. honey
1 c. oil (like sesame seed oil)

Mix all together in a large bowl until well mixed. Then spread on 2 cookie sheets or large pans to bake at 250° for 1 hour.

SWEET PICKLES

Mabel Webber

3 c. sugar
2 T. pickling spice
1/2 c. vinegar
1 1/2 qt. jar whole dill pickles

Combine the first 3 ingredients. Stir (syrup will be very thick). Cut the pickles into 1 1/2 inch chunks. Mix pickles and syrup - do not cook. Put into jar in the refrigerator and stir occasionally. Pickling mixture can be used twice.

CRANBERRY-PINEAPPLE RELISH

1 lb. fresh cranberries
2 c. water
2 c. sugar
2 pkgs. unflavored gelatin
1/4 c. lemon juice
2 T. lemon and orange rind
1/2 c. orange juice
1 (No. 2) can crushed pineapple (drained)
3/4 c. pecans (chopped -- optional)

Combine sugar and water in a saucepan. Bring to a boil, stirring to dissolve the sugar. Add the berries and bring back to a boil. Cook 15 minutes at medium heat. Mix the gelatin in a little cold water and add to the hot mixture, stirring well. Add all the other ingredients and mix well. Pour into mold or large bowl and let set, preferably over night.

ONION BUTTER

1 env. onion soup mix
1/2 lb. butter or margarine

Blend soup mix thoroughly with the softened butter or margarine. Makes about 1 1/4 c. Store covered in the refrigerator.

Try onion butter spread on hot cooked ears of corn. Or, butter uncooked corn and wrap in foil for roasting over hot coals or in a 400° oven for 20 minutes. Try these too: sliced French or Italian bread spread with onion butter, wrapped in foil and heated 15 to 20 minutes. Onion-buttered baked potatoes, noodles or vegetables. Onion buttered minute steaks or hamburgers.

RUTABAGAS

Ollie Otterstad

Rutabagas
Apples (sliced)
Orange juice

Quarter rutabagas, peel and cut into cubes. Cover with boiling water and cook with sliced apples until soft (approximately 15 minutes). Drain well and mash with a fork. Then add the orange juice and mash with mixer or blender-for a change instead of milk and salt and pepper and butter.

MARINADE

Gertrude O'Bannon

1/4 c. oil
1/4 c. soy sauce
1/4 c. red wine vinegar
3 T. ketchup
2 cloves garlic
Dash of pepper

Cut or mash garlic. Mix all ingredients together well. Pour over meat.

KREMA

Ann Rossell

1/4 c. butter or margarine
4 T. flour
1 T. nutmeg (may prefer less)
2 c. milk
2 eggs (well beaten)
2 T. cheese (grated)

Melt the butter in a saucepan. Add flour to make a smooth paste. Slowly add milk and stir until thick. Add nutmeg and remove from heat to cool. Pour over eggs and add cheese. Serve with noodles or Greek bread.

BAKED PINEAPPLE (To serve with ham)

Ginger Berg

1 small can crushed pineapple
2 eggs
1 T. cornstarch
1/2 c. sugar

Beat the eggs, add the other ingredients and turn into an 8x8 inch pan. Dot with butter and sprinkle with cinnamon. Bake at 350° for 1/2 hour.

JUMBO PIZZA LOAF

Karen Hurtt

1 loaf French bread (4x18 inch)
3/4 lb. ground beef
1/3 c. Parmesan cheese (grated)
1/4 c. onion (finely chopped)
1/4 c. black olives (chopped)
1 tsp. salt
1/2 tsp. oregano
Dash of pepper
1 (6 oz.) can tomato paste
3 tomatoes (thinly sliced)
5 slices sharp processed cheese

Continued on next page.

JUMBO PIZZA LOAF (Continued).

Cut the loaf lengthwise. Combine meat, Parmesan cheese, onion, olives, seasonings and tomato paste. Spread evenly on each half loaf. Broil about 5 inches from the heat for 12 minutes or until the meat is done. Top with tomato and cheese slices. Broil 1 to 2 minutes, just until the cheese begins to melt. Serves 8.

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